

Features

The hottest couture for back to school

Guys: trade in the old items for the newest Fall Fashion must haves.
Girls: What you will need this Fall semester.

.... 7

Entertainment



Red Eye review and more

Director Wes Craven does it again, scaring audiences nation wide.

.... 14

News

Heat Wave USA

Scientists believe that if global warming emissions are not reduced, temperatures in the United States could rise between three and nine degrees before the end of the century.

.... 3

Dorm Life

Life at home verse life at college

Making the adjustment from living with parents to life without parents and everything else that goes along with being a college student.

.... 7

Sports



Hawks hope to capture 3rd NEC title

See if the hawks can win their third title in a row, take a sneak peak at this years squad. Full team preview inside.

.... 21

Pier-ing in: A look at life in new University housing

LAUREN BENEDETTI
EDITOR IN CHIEF

While some students have moved back on campus, a select few will enjoy new beachfront University accommodations. Pier Village, an upscale mixed-use development located in one of Long Branch's oceanfront redevelopment zones, is housing 84 MU students this upcoming school year.

"People are amazed when I tell them I live right on the beach. Unfortunately, I haven't been able to take advantage of the situation as much as I like. But when I walk

outside and really see where I am I realize how lucky I am to spend my senior year in such a great living situation," said Senior Pier Village resident Jessica Bowes.

Since September 2000, about 150 students per year have been housed at the Esplanade Hotel on Route 36 in West Long Branch and last year 70 students were housed at the Fountain Gardens Apartment complex on Ocean Avenue. This academic year 77 students will continue to be housed at Fountain Gardens. Due to the loss of the Esplanade Hotel and the expanding rate of

the student body, it was announced in early May by Monmouth University that it would lease 23 of the 320 units at Pier Village to meet the demand for housing. In each unit there are four students housed, two in each bedroom. The units range in size from 1,000 to 1,500 square feet and the housing cost starts at \$1,700. MU students will be paying room and board tuition through the university at an average monthly rate of \$670 to \$720. The cost of living there was made affordable for

Housing continued on pg. 10



Pier Village Developer says less than five percent of units will be student housing.

Ready, Set, Unpack

Freshmen get acquainted and settled this past weekend



PHOTO COURTESY of Jim Reme

Freshman check in with upperclassmen on Sunday, September 4. After moving in and getting settled, students took part in a plethora of different activities that made the college adjustment easier.

LAUREN BENEDETTI
EDITOR IN CHIEF

On Sunday, September 4, the freshmen student body moved into their dormitories and took part in an intensive orientation program that included group building, development activities, and social activities that are designed to ease the transition from home life to college life.

This year moving in began at 8 a.m. and was a pleasant experience due to beautiful weather and the organization provided through the student body and administration.

"Oh I think it's going really well, things are going smoothly and there haven't been any real problems, I think things are real organized," said orientation leader Mike Lizza.

After parents got their college student situated in their new living quarters they were off to a 2:30 meeting, while freshmen had an opportunity to walk around campus, buy books, eat lunch and get used to their new surroundings.

Late in the afternoon it was time to say goodbye to parents and hello to college life. Students then had the opportunity to meet with orientation leaders, attend a barbeque and hear a warm welcome from President Gaffney. In the evening, students met with former *Real World* cast members Brad (Chicago)

Move-in continued on pg. 10

Turf: the new surface of the Hawks

JENNY ROBERTS
STAFF WRITER

Up until now, Kessler Field has been a facility filled with excited fans, championship teams, and, well, grass. This season, however, the Hawks will be charging on a completely different surface; a newly constructed turf field.

Construction for the turf began on June 29th by Field Turf, Inc., a company based out of Canada. The exact product the field will be comprised of is known as Field Turf Pro Series Synthetic Grass, which according to the company's website uses a polyethylene blade as well as a sand and rubber infill.

According to Athletic Director Dr. Marilyn McNeil, Kessler Field as it stood before was "a very underutilized field" and the investment in turf would allow for much more student use.

"The football and lacrosse teams can play on it back to back, and intramurals and recreation will have use of the field," said Dr. McNeil. "Unlike a grass field, you don't have to water and grow grass in between."

The field can be used 24 hours a day without having to be concerned with the wear and tear that a grass field would have to withstand, according to Jeff Stapleton, Associate Athletics Director for Internal Affairs.

Sophomore football player Brian Frech is looking forward to playing on a field where weather will not affect the field play.

"Well, the new field turf will be something that can be used to practice on so we don't tear up the field," said Frech. "Also, rain won't be a factor that would possibly tear up a grass field."

The University views the field as a great recruiting and alumni tool, as well as something that can benefit the entire student body. MSAAC (Monmouth Student-Athlete advisory Committee) President Lindsay Stetson agrees.

"I think the turf field is an excellent addition to Monmouth Athletics and most Division I schools have turf so it makes sense for us to have one as well," said Stetson. "It should be beneficial not only for the lacrosse and football teams, but for other teams to practice on and adjust

Turf continued on pg. 13



MU President

September, 2005

Dear Monmouth Student:

I am writing for two reasons. First, to welcome you to the University or to welcome you back to the University. I hope it will be a terrific year for each of you. Second, to remind you about the opportunity to vote. The University wants to help you to register to vote in the upcoming elections. We want to make it easy. We want you to understand why it is important. We want you to be proud of a University which has 100% of its eligible students registered to vote. We do NOT want to influence how you vote, however. Our Trustees and I agree this is an important initiative for Monmouth and for its students. Why? We think Monmouth students are confident, thoughtful leaders who should increasingly make their mark regionally and nationally. We believe voting is a right that Americans have earned and protected over and over again for more than 200 years and a right that should be exercised. And, we believe that those you elect at every level of government – from the President to the local official – will be deciding issues now that will affect you throughout your life. Certainly issues of national and homeland security affect you, your friends and family right now, but so will the challenges of managing health care costs as you grow older, taxes and pensions, the environment, urban development, honesty in the financial world, science ethics policy, and so on. You will also be interested in influencing local issues that affect University relations with neighboring municipalities. Who can you count on to represent the views of people in your age group, in your prospective profession or in your desired income group on these important issues? The answer is: no one but you. Are you smart enough to understand issues surrounding the upcoming elections? Yes. Are you smart enough to register and then show up to vote? I think so. Welcome back.

Paul G. Gaffney II
President

September, 2005

VP Student Services

Dear Students:

To the newest members of the Monmouth University community, the Class of 2009, and our new transfer students - a hearty welcome. To all our returning students, welcome back. It's great to have you with us again. I hope your summer was productive and fun, and you are ready for another outstanding year here at Monmouth. Over the past several months, much has been done to get ready for your arrival to campus. We have continued the work on the library to complete its renovation into a facility you will use to enhance your learning experience. A new turf field awaits the student-athlete and all who participate in intramural athletics. The 800 Gallery has been enhanced to display artistic works and add to your cultural enrichment. These and so many other projects have been undertaken to ensure that you live, play, and most importantly, learn in the best environment possible. You will also find a wealth of opportunities for you to get involved in the life of the campus. New clubs will welcome your participation and the Greek life system is always looking for strong students who want to form a common bond. Come out and cheer all the student-athletes who represent you and the University so well. Take advantage of the outstanding performing arts, theatre, and film schedules. All of this is here for you – but you must choose to take advantage of them! I want you to be challenged by your experience here. Stretch your comfort zone. Open your eyes to new opportunities, while getting to know new people and appreciating the unique experiences and talents we all bring to this community. Finally, I want you to be healthy and safe, using the knowledge that you already have and that you will gain to make good decisions as you are confronted with the typical temptations of the undergraduate experience. We are all here to help you, to support you, to cheer you on, and to challenge you to be the best. Again, welcome to campus! Please do not hesitate to contact us at anytime.

Sincerely,

Mary Anne Nagy
Vice President for Student Services



SGA President

Hello Monmouth University!

Looking forward into a new year, I can see endless possibilities for this campus and community. When else would be a better year than 2005-06 to make it the home that we all want and know it to be? Well, before I get any further, I should introduce myself. I am Alyson Goode and I am the president of the Student Government Association at MU. I am a senior communication major and I am graduating in May. What all this means is that I want to show everyone all that Monmouth has to offer and serve as a peer that anyone can turn to for any and all community issues. There is so much that I want to tell everyone, but I will take it easy and address different issues every week in this column. However, I wish to update students, faculty and staff alike on several on-campus activities. Firstly, this upcoming Sunday marks the 4th anniversary of the 9/11 tragedy. As tradition, the SGA will sponsor a candlelight vigil to honor everyone touched by this event. It will be held on the residential quad Sunday, September 11th at 7 p.m. Everyone is invited and encouraged to attend. Secondly, this weekend is Welcome Weekend. There will be a Luau on the residential quad Saturday, September 10th. Don't miss out on the fun! Mark these dates on your calendar:

- Saturday, September 17 – Student Spirit Day at the football game.
- Tuesday, September 20 – Meet the Greeks
- Wednesday, September 21 – Involvement Fair

These are all great opportunities to get involved, show school pride, and explore what MU has to offer! New students – Welcome to your new home! For anyone interested in joining the SGA Senate to represent your peers, please note applications will be available immediately for the six freshman seats. Ok, so here is the question many people may be wondering. What is SGA?

SGA is the association in which every student at MU belongs. Then every class (freshmen, sophomore, junior, senior) has six elected delegates to represent their particular class (along with two commuter seats). All the elected members comprise the Senate, which is headed by a president, vice president, and executive board. SGA also invites all others interested students to enter the Senate as a general member without an election. SGA runs activities such as Homecoming, SpringFest, and the Big Event, a day dedicated to community service by students. The Senate also recognizes student clubs and organizations as official clubs at Monmouth. SGA allocates money to these clubs to carry out their activities and is the governing and overseeing body to campus life activities. (That's the spark notes version!) The committees of the Student Government Association are: Events Programming, Student Affairs, Academic Affairs, Human and Community Relations, Residential and Health Services, Elections, Finance, Website maintenance, Big Event, Auction, Internal Affairs, and Campus and Safety. All Senators are pictured on our bulletin board across from the Hawks Nest in the R.S. Student Center. Check out who they are so you know who to approach for any and all questions, concerns, and compliments. Please make use of our new suggestion boxes in the dining hall and student center. Weekly, I will answer questions in this column. We are currently renovating our website to be interactive with all campus and community. However, for now please feel free to contact us at **Monmouth SGA** on AOL Instant Messenger or by email at SGA@monmouth.edu. Also, SGA has relocated to Suite 316 on the 3rd floor of the R.S. Student Center. It is being referred to as "The White House" for a governmental theme. Feel free to stop by and visit. Get to know our faces. Get to know us. We are here for you. I look forward to a great year with all of you. Enjoy the first week of classes and savor the warm weather! I wish everyone the best year "where leaders look forward."

Sincerely yours,
Alyson Goode
SGA President

Plangere, Jr. to be Honored at Second Annual MACE Awards

NATALIE B. ANZAROUTH
STAFF WRITER

Court TV’s daytime news anchor, Jack Ford, is scheduled to be this year’s keynote speaker at the Monmouth University Award for Communication Excellence [MACE] ceremony dinner honoring Jules L. Plangere Jr., Thursday, September 22, 2005 in Wilson Hall.

“Jack Ford was chosen because he is a local outstanding media personality,” Chair and professor of Communication Dr. Don Swanson

explained. As a former member of Monmouth’s Board of Trustees, and friend of recipient Jules Plangere, Jr., Swanson explained that Mr. Ford is, “a strong supporter of Monmouth.”

“I think we are really looking forward to not only celebrate Jules’s accomplishments

ments, but the celebration in media excellence in local New Jersey,” as Swanson further explained that Plangere has “fostered many local media careers.” Before Ford began his professional career in broadcast journalism, he attended Yale University and went on to study law at Fordham University School of Law. Following his graduation, Ford served as a prosecutor in New Jersey for three years, and later went on to open up a private practice. As a trial attorney, Ford took part in prosecuting New Jersey’s first death penalty case, as well as a case involving corruption on Wall Street during the late 1980’s. Ford began his career in journalism in 1983, working at WCBS-TV in New York City as a legal commentator. In 1991, he became one of Court TV’s first anchors at the birth of the Court Television Network. He later became the Chief Legal Correspondent for NBC News, where he analyzed cases for *NBC Nightly News*, *The Today Show*, and *Date-line*, and also appeared as Co-Ancor for *The Weekend Today Show*. Ford switched networks in 1999, and began working for ABC

News as anchor/correspondent for *Good Morning America* and *20/20*.

Mr. Ford has been recognized by many award organizations such as the Emmy Awards, which he received two of, a Peabody Award, and American Radio and Television Award, the National Headliner Award, and the March of Dimes FDR Award.

Jules Plangere, Jr., the recipient of this year’s M A C E Award, will be honored for his strong financial support to the University. Since 2002 the Jules L. Plangere Jr. Center for Communication and Instructional Technology has given stu-

dents the up-to-date technology that is needed to learn and grow in their field of study. But Plangere, Jr. has been part of the Monmouth community for a long time, serving on the Monmouth Board of Trustees for over thirty five years. Born in Spring Lake, New Jersey, he graduated from Asbury Park High School, attended Rutgers College, and served as a Lieutenant in the United States Army. Plangere, Jr. has had a strong impact in implementing the University’s initial Strategic Plan, which outlined a stronger connection with Monmouth’s surrounding communities, while improving the academic standards the University should withhold. But it is not solely Plangere, Jr.’s financial support, but also his experience in the field of communication that warrants this award. He was a publisher of the *Asbury Park Press*, chairman of the New Jersey Press, Inc., and co-owner of Press Communications LLC. This is the second year the University has held the MACE Award Ceremony. Dr. Swanson said, “It adds to the prestige of the students communication degrees... and enhances image of the communication program.”

“I think we are really looking forward to not only celebrate Jules’s accomplishments, but the celebration in media excellence in local New Jersey”

DR. DON SWANSON
Chair and Professor of Communication

World According to MU: Summer Heat Wave 2005

Global Warming Possible Cause of Record High Temperatures

JACQUELINE PHILLIPS
CONTRIBUTING WRITER

After a long, freezing winter, most people could not wait for summer to arrive so they could unpack their bathing suits and shorts and head to the beach. Unfortunately, summer came too quickly and hit too hard. With temperatures soaring past 100 degrees, people who were huddling next to their fireplaces all winter were now huddling next to their air conditioners all summer.

Unfortunately, this blistering weather has been a trend for awhile now. According to the Union of Concerned Scientists, changes in our climate are real and under way. For example, seven of the ten warmest years in the 20th century occurred in the 1990s. Not only that, but the hottest year on record was in 1998.

More surprising is that since the beginning of the 20th century, the average temperature has increased by about 1.1 degrees. Also, warming in the 20th century is greater than at any other time in the past 400 to 600 years.

What is the reason behind this scorching weather? Some people say global warming is to blame. According to the National Resources Defense Council, the cause of this intense heat is the thickening layer of carbon dioxide pollution which comes mostly from plants and automobiles. This pollution traps heat in the atmosphere.

Many scientists believe that if global warming emissions are not reduced, temperatures in the United States could rise between 3 and 9 degrees before the end of the century. What does that mean to the average citizen? There would be an increase in sea levels, which would cause coastal flooding (in areas such as this one).

Heat waves, such as the one we experienced this summer, would be more common and more severe. Droughts and wildfires would be more frequent, mosquitos that spread disease would broaden their reach, and many species would be pushed to extinction.

Droughts and wildfires are already

becoming too common. According to the National Resources Defense Council, the 1999-2002 national drought was one of the most extensive droughts in the past 40 years. In 2002, the Western United States experienced its second worst wildfire season in 50 years.

More intense rainstorms, another consequence of global warming, are widespread as well. National annual precipitation has increased between 5 and 10 percent since the early 20th century, largely the result of heavy downpours in some areas.

People across the world should be concerned about another consequence of global warming: the melting of glaciers. If our glaciers continue to retreat at the rate they are now, there will be no glaciers left in Glacier National Park by the year 2070.

Some scientists are not convinced that any of this is related to global warming. Jim Laver, a National Oceanic and Atmospheric Administration climate scientist, says that a direct link between global warming and short-term weather events is impossible to prove.

However, Kevin Trenberth, a climate scientist with the National Center for Atmospheric Research in Boulder, Colorado, countered that it is also impossible to prove there is *not* a link. “And given the widespread influence of global climate change, it is therefore likely that there is indeed an influence,” he said.

The Bush Administration is even reluctant to admit there is a problem. The administration claims that there is scientific uncertainty over the pace of climate change and has therefore reneged on the 1997 Kyoto Protocol, which would have brought about modest emissions reductions. Many scientists believe that we are underestimating the dangers of global warming.

All of this information sounds very bleak, and many people may think that they alone cannot make much of a difference. However, according to the Union of Concerned Scientists, there are simple things each one of us can do to help curb the effects of global warming:

Carefully choose the car you drive: look for a car that has the best fuel economy in its class. Each gallon of gas you use releases 25 pounds of heat trapping carbon dioxide into the air.

Choose clean power: Most of the electricity in the U.S. comes from polluting coal-fired plants. Although we can’t live without electricity, we can choose an electric company that provides 50 to 100 percent renewable energy.

Look for Energy Star: When shopping for new appliances, look for the Energy Star label. They may be more pricey at first, but they will save you a ton of money in the long run. Not only that, but if everyone in the U.S. switched to Energy Star appliances, we would save \$15 billion in energy costs and get rid of 175 million tons of heat trapping gases a year.

Unplug a freezer: By unplugging your extra refrigerator except for on holidays or when you really need it, a typical family can reduce their carbon dioxide emissions by about 10 percent.

Get a home energy audit: Many utility companies offer these for free so take advantage of it.

Use energy saving light bulbs: If every family in the United States replaced one regular light bulb with an energy-saving model, we could reduce global warming pollution by more than 90 billion pounds, the same as taking 7.5 million cars off the road

Carpool: Get a ride to class with a roommate or family member to cut back on fuel emissions.

Plant a tree: Not only do trees emit carbon, but they also produce some much needed shade in the summer, reducing the use of fossil fuels.

Speak up: Let policymakers know how you feel about global warming. There is strength in numbers so speak up and be heard.

If we were each to follow a few of these guidelines, we would undoubtedly pass on a cleaner, safer environment to the next generation.

Meet MU: Kevin Callahan Hawks Head football coach

NIKKI REED
CONTRIBUTING WRITER

“Football Glory”, as they call it, has followed our head football Coach, Kevin Callahan, around his entire life. Being the only head coach in the history of football at Monmouth is only one of the glories that have graced his path.

His young football dreams began at age 8, and with hard work and determination, it brought him to the playing fields of the University of Rochester. Thereafter, he continued to pursue his football dreams in a different manner. After his graduation in 1977, he began coaching at Albany and stayed there for three years. He continued onto Syracuse University for one year, spent three years at Wagner University, and finished up at Colgate University for nine years before he arrived at Monmouth University. Strong qualities such as being well organized, hard working, and preparing for things in advance helped pave the way to his success.

But don’t be fooled, this New York native has many other interests besides football.

Growing up as the second oldest in a family of 11 children may not have been the easiest, but he has no regrets. When asked who he admired growing up, he stated without hesitation that it was his father. Today, he has his hands full with two amazing and athletic children of his own. His 13 year old son, Kevin Jr., who currently plays soccer, basketball and baseball, has hopes to play football in high school. He also has an 11 year old daughter, Julia, who is involved in a range of activities such as lacrosse, basketball, soccer, theater, and dance. Callahan also enjoys golfing, hunting, and anything that keeps him active.

Coach Callahan believes that we have a new team with new expectations. There are many key players returning and a strong freshman class was recruited. He is still uncertain who the standout players will be, but he stated that “they all have the ability to be a

stand out and I like what I see in this class.

“The players already know how to win. When you put all those ingredients together, you’re going to have a team that’s very successful,” stated Callahan.

Monmouth University has been ranked second in the nation, and is this seasons pre-season pick to win the conference. Coach Callahan feels that these outstanding rankings are a reflection of what the team has accomplished over the past two years.

“It’s a compliment to be ranked that high, yet it’s important where we end up at the end of the season,” said Callahan.

When asked to describe this season’s competition, Callahan said, like always, “Every game is very competitive and evenly matched, with very close games.”

Some special advice to the team this year from Callahan: “It’s important to play the season one game at a time, and control the things that we can control. If we do this, I think we’ll be OK.”



Coach Kevin Callahan hopes to win his third NEC title this Fall Season.

PHOTO COURTESY OF WWW.MONMOUTH.EDU

New School - New Goals

SASHA GOLDFARB
STAFF WRITER

After a history spanning over two decades, the Monmouth University Honors Program is now elevated to the status of Honors School as of July 1 this year. The Honors Program was founded in the early 1980's by Dr. William Mitchell and Jane Freed (class of '81). In 1989, a committee of the faculty, including Dr. Sarsar, Dr. Campbell, and Dr. Garvey, implemented a design revision to enhance the philosophy of the Program to challenge students not only academically but also to enrich their social and especially cultural experiences.

The cornerstone of the Program is the Freshman Honors Cluster Experience. This refers to the tradition of "clustering" freshmen Honors courses, usually combining an English, Western Civilization, and one or more social science courses offered to a shared group of students in a scheduling block. The professors involved with a particular "cluster" collaborate to create a common theme to promote in-depth learning, debate, and discussion. A cluster is usually made up of 15 to 20 students on average.

The elevation to Honors School status was due in large measure to a long standing institutional commitment and the generosity of benefactor and cofounder, Jane Freed, who has tripled her annual gift over the past decade. Stipends are awarded to faculty developing new Honors Seminar courses and participating in the design and teaching of the "clusters". The SAT and GPA admission criteria for the Program have increased three times in the past decade, and course and curriculum requirements for graduation have doubled.

One of its greatest successes was the introduction of Honors housing for first year students. Cohabitation saw the academic performance of all Honors students living in Birch Hall increase by 17%, which was a jump from an average GPA of 2.9 to 3.6. In 2004, the Honors Program Office was

centralized on campus in Birch Hall. Birch Hall serves as a study area with computers, desks, free copying, and a small library. It is also a social lounge with free hot/cold drinks and snacks.

A unique benefit of the Honors School is the subsidization of the costs of events that enhance students' socio-cultural experiences, such as plays, concerts, seminars, and exhibits. Honor students are even awarded a free ticket to Broadway and admission to museums and galleries.

The Academic Habit, a one credit course required of first year Honors students, involves writing papers describing at least two of the four attended events as well as seminar sessions to discuss their impact. Honors students are encouraged to invite non-Honors friends to these events and to Birch Hall, demonstrating an eagerness to share opportunities with the entire Monmouth community.

While the Freshman Honors Cluster Experience is the cornerstone of the Program, the capstone experience is the Senior Honors Thesis, a yearlong research project executed under two faculty mentors in the student's major. Thesis students have presented their research at professional conferences and published in professional journals. Each year the five best Honors Thesis Proposals are published in the Honors undergraduate research journal, *Crossroads*, and the students receive the \$1000 Jane Freed Grant-in-Aid-of-Creativity. Over fifty percent of Honors students are continuing their education and pursue advanced degrees.

After recently comparing the status of the Honors Program with the standards of the National Collegiate Honors Council as outlined in "Characteristics of a Fully Developed Honors School," Dr. Garvey and his colleagues realized a tremendous goal had finally been achieved and the Program could appeal for its new status.

In order to align the Honors Program with the criteria of the National Collegiate Honors Council, new regulations for Program eligibility and graduation were instituted, and the

Honors curriculum was expanded.

Having reached a significant point in its history, the Honors School has much of which to be proud. This year's incoming class has three times as many Honors students with SAT scores over 1200 as compared to three years ago. Forty percent of these students have SAT score over 1300. There are 97 incoming freshmen Honors students, a twenty-four percent increase in size from just last year.

Dr. Brian Garvey, who has headed the Honors School for 13 years, has remained involved since its humble beginnings. Dr. Garvey was initially a committee member for the Honors Council and became director three years later. Dr. Garvey has seen opportunity and potential fulfilled in many aspects. Nevertheless, he has never allowed himself to become complacent with past accomplishments. He has made it very clear of his intentions to "...continue the pursuit of improving academic standards and performance."

There is so much still on the horizon for the Honors School. Currently, there are efforts to expand external funding, course and curriculum development, heighten standards for academic eligibility, develop expanded facilities for a four year Honors residence hall, pursue community service endeavors, a campaign for alumni development, and continue to assist in building the academic reputation of the University.

Dr. Garvey is grateful for all of the help and support throughout this endeavor. He mentions specifically Dr. William Mitchell, the program's founder, Dr. Sarsar, Dr. Campbell, and Dr. Pearson, for their continued faith and support, Ms. Reenie Menditto who has recently been promoted as Assistant to the Dean, President Gaffney for "...inclusion of the creation of the Honors School in his strategic plan," the professors who teach in the Program and mentor Senior Thesis students, and especially "...the remarkable students with whom I have had the privilege to work."

WMCX Celebrates a Change at the Top

Professor Furgason becomes advisor of WMCX



Professor Furgason (right) was passed down the responsibilities of WMCX at Professor Rich's (left) farewell party last May.

ED OCCHIPINTI
SPORTS EDITOR

Everett "Rett" Rich, Associate Professor of Radio and Television for the last 39 years and faculty advisor to Monmouth University's student-run radio station, *WMCX 88.9 FM*, for the past 21, has stepped down as station advisor and will be retiring from teaching at the end of this academic year. Taking his place is Professor Aaron Furgason, Monmouth Class of '92. Furgason was the Music Director of the station in 1991-1992 while Rich was the advisor.

Some of the courses the beloved Rich created in his tenure at the university include Announcing, Broadcast Workshop, Talk Radio, Radio

in America and a Radio Operations Practicum. He has compiled a database of the WMCX career placements of Monmouth University students in the broadcast industry.

In his time with WMCX, Rich has helped rebuild the station after it was destroyed by a fire and witnessed its move from the third floor of the student center to the state-of-the-art Jules L. Plangere Jr. Center for Communication.

He has won Monmouth University's Distinguished Teacher Award in 1985; the Sears Roebuck Foundation Teaching Excellence Award in 1991; the Student Choice Award for Best Teacher in the School of Arts and Sciences in 1986, 1989 and 1991; and the Alumni Achievement Award from Emerson College in Boston in 1996.

Viewers question Authenticity of Popular MTV Show

NICOLE STEVENS
STAFF WRITER

Reality Television

Ahh, the clear blue water...sandy beaches...sunlit streets. The beauty of *Laguna Beach* seems almost too good to be true. But while the palm trees and "gnarly" waves may be real, can we actually believe that the cast members are just as authentic?

Appearing shortly after the success of *The O.C.*, *Laguna Beach* became an instant hit for MTV, drawing in millions of teens each week to see who was flirting with whom and what crazy things the cast members would do or say next. They called it the real Orange County, complete with all the drama of the hit TV show minus the actors.

However, with the start of its second season airing last month, people are starting to speculate: Is this really a reality show?

Without a doubt, one must admit that the love triangles, cattiness, and extravagant wealth are perfect ingredients for a hot show. So is MTV really just the chef brewing up all this juicy drama, paying the cast members to add extra flavor to the show, giving them scripts to spice it up?

The rumors have been spread, their validity still unknown. One rumor suggests that MTV sets up the scenes, while another goes so far as to claim that the cast mates are actually British. Not totally believable, but then again is it really so easy to

believe everything that happens on the show?

For instance, is Stephen really too blind to see the dangerous extent of Kristin's obsession with guys, namely guys other than himself? And do high school seniors really throw theme parties? Did a beautiful girl like LC really waste away her senior year hoping to win the heart of one guy? And what about the lines they use (e.g. Talan saying, "I don't love you. I L-U-V you.") Did he really come up with that one on his own?

The most probable conclusion is that the show is neither completely real nor completely fake. Most likely, the castmates use their own lines and flirt at their own desire, while the camera guys and MTV simply try to enhance the drama, deleting certain scenes, asking the cast members to bring up certain subjects.

One thing is for sure, whether real or fake, the drama, the glamour, and the beautiful cast members are all completely addictive. Who can resist?

So as we all clear our schedules for Monday nights, allow me to give a bit of advice: no matter how many times our favorite Laguna residents say it, the words "gnarly" and "dunzo" should never be spoken on the East Coast. Or anywhere else for that matter.

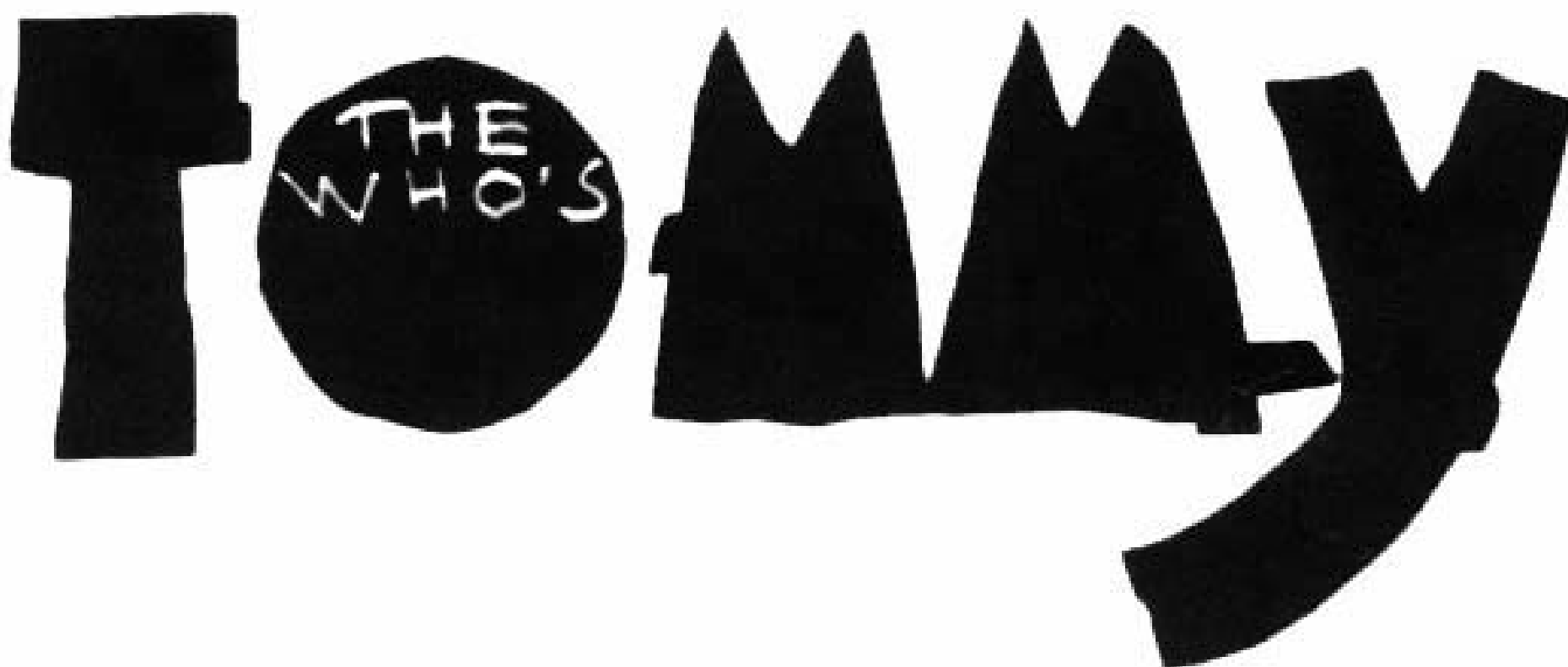
MONMOUTH UNIVERSITY DEPARTMENT OF MUSIC & THEATRE ARTS

STUDENT DEPARTMENT MEETING MONDAY, SEPT. 12, 7:30PM WOODS THEATRE

Woods Theatre

Mandatory for ALL Music and Theatre
Majors & Minors and ALL those interested in
auditioning for all the performances during the year.

The Department of Music and Theatre Arts will pre sent



**February 10,11,17,18,19,22,23,24,25
2006**

Auditions are open to the entire Monmouth University Community

In order to audition, **YOU MUST ATTEND**
the Student Department meeting, Monday Sept. 12, at 7:30 PM in the Woods Theatre. That is
the **ONLY** time and place that audition information will be distributed.

Auditions will take place in the Woods Theatre Building on the following dates. If you want to be
part of this incredible experience, you **must** audition on the scheduled dates and times:

Vocal Auditions— Tues. Sept 13 & Thurs. Sept. 14 7:30 PM Theatre

Instrumental Auditions - Tuesday, Sept. 13 Dance Studio - seeking
Bass, Acoustic Guitar, Keyboard, Percussion, French Horn - **please bring a prepared piece.**

Dance Auditions - Wed. Sept 14, 7:30 PM, Sat. Sept. 17, 10:30 AM Dance Studio

Call Backs— Sept. 19 & 20

YOU MUST ATTEND THE SEPT 12 MEETING TO SIGN UP FOR AUDITIONS.

How to change from SUMMER FUN to school work

The ultimate guide to getting back into a successful school routine.

LAUREN NAPOLITANO
FEATURES EDITOR

In the 1995 hit movie Billy Madison, Adam Sandler sang the words that all kids dread at the end of every summer: Back to school! Back to school, to prove to Dad that I'm not a fool! I got my lunch packed up, my boots tied tight, I hope I don't get in a fight! Ohhhh, back to school! Back to school! Back to school! Well, here goes nothing!

Here we are. School has begun and summer is officially over. For the past three months all we have known was the sun, the bars, the beach, our friends, our beds, and nothing that had to do with brain stimulation. We enjoyed being faînéant, lazy, and irresponsible, going out any night of the week and taking much needed vacations. Now back to reality: school.

Many of you may find it extremely difficult to focus on your classes and the work you will inevitably be assigned during the first few weeks of school. Don't fret just yet. There is some hope! Here are some tips on how to change your mindset from fun in the sun to pencils, books, and teachers' dirty looks.

-

Stimulate your mind: Admit it. Most of you have not picked up a book, read a newspaper, or even read a street sign just because you weren't assigned to. Face it, when school ends all mental stimulation goes out the window. So to resurface those brain cells you have

been storing somewhere in that brain of yours, start using it!

According to an article from www.poughkeepsiejournal.com, a little mental stimulation in the beginning of the school year is important in getting ready for the heavy workload ahead. You can begin by reaching for a magazine or newspaper and reading the smaller articles then slowly transitioning to the larger ones. Try picking up a book. I know that may sound a little scary but face it, you're going to be doing a lot of reading when your classes kick into full gear so you better get used to it.

Revisit your childhood and try playing some games with your roommates. Scrabble, Pictionary, Clue, Monopoly, Checkers, or puzzles are all good sources to regain the blood flow throughout your brain. Try to limit time spent watching your favorite television shows and engage in one of these mind enhancing activities instead.

-

Reinstate a bedtime: Throughout the summer most of you have gotten used to going to bed in the early hours of the morning either because you were at the bars all night or just simply hanging out with your friends. You have gotten used to waking up mid afternoon on most days just to repeat the previous night all over again. This haphazard sleeping pattern needs to come to a halt.

Erlyne Osburn from parenting.

ivillage.com suggests getting accustomed to a regular bedtime and morning time. Start setting a time during the week where you can guarantee you can be in bed, but not necessarily asleep by this time. For example, promise yourself you'll be in bed by around 10:00 or 11:00 p.m. This will help you start to unwind and decompress from the days activities. Your body will start to relax and de-stress, allowing you to fall into a more relaxed state. Like I already mentioned, you don't necessarily need to fall asleep immediately. You can read a little or watch some television until you drift off. By doing this, you probably will find that you will fall asleep faster and have a more restful slumber.

You will find that designating a specific time of night to begin the sleep process will assist in keeping your energy high for the next day. It's important to get the required amount of rest and sleep every night to keep your health in check, which will hopefully get you through the first semester illness free.

In addition to getting used to hopping into bed at a decent time of night, get used to waking up at a decent morning hour. Some of you will have early morning classes and will need to be awake and functioning. Invest in a good alarm clock and set it during the week to get used to rising early on a daily basis. According to Patricia Dalton, a clinical psychologist who practices in Washington, early to bed and early to rise maximizes light exposure, which in turn boosts mood. It will

also assist in increasing energy levels throughout the day and week.

-

Get organized: A great way to start off a new school year is to organize. This will assist in easing into the school year and keep your mind focused. Jodie Lynn, an internationally syndicated parenting/family columnist and author, suggests buying a planner from the bookstore or any local supply store to keep you prepared and focused on school.

You can use the planner to write out your weekly schedule so you can see on paper where you have to be and when you have to be there. The first few weeks of school can be difficult since you aren't used to dragging yourself to class so this can assist in making sure you actually attend the classes you are signed up for, rather than blowing them off.

A planner is also a good place to write down your teachers' e-mail addresses, phone numbers, and campus locations. Teachers usually give out syllabi at the start of every semester, however, let's face it, what are the chances you won't lose it? Writing this information down will no doubt be useful to you in the future when the semester starts to get increasingly harder and questions may be running rampant through your mind.

Organizing your time is also a great way to get back into school mode. All summer you have been used to doing mostly whatever you wanted when you wanted to do it. Now that school is back in session you need to find a balance. Write

down in that brand new planner of yours your daily schedule and try to follow it as best you can. List when you will wake up, go to class, complete any assignments, go to the gym, or whatever your daily activities may include. This will keep you on a steady track and avoid procrastination.

-

Car pool: For you commuters, not only is car pooling environmentally beneficial, it will also help get your bum in the classroom. When others depend on you to get to school you will more likely go to class rather than ignore your alarm clock and stay snug in bed. If you are the passenger, they will expect you to be ready when they get to your house in the morning. You wouldn't want to make your friends angry so you will more likely be ready for class if your friends are involved in the process.

-

Eat healthy: Eating healthy is not only good for your figure, but also will provide the energy and focus you are going to need for your classes. Try eating three balanced meals a day with two snacks in between, totaling your food consumption to five times a day. Eating often will keep your metabolism burning and energy levels high. Try to include protein, high fiber grains, and natural fats with each meal. Most importantly, avoid sugary foods. They may give you an energy boost initially, however, will cause you to crash after a few hours.

Back to school diet that will avoid weight gain

LAUREN NAPOLITANO
FEATURES EDITOR

Starting a new school year can mean stress which inevitably means weight gain. Here is a guide from Shape magazine provided by Tajinder Rehal that will help you avoid the dreaded freshman 15 or for that matter, sophomore, junior, or senior 15.

- **Jump-start the day:** Always begin each day with a healthy meal. Rachael Brandeis, M.S., R.D., a nutritionist in Atlanta, states "Skipping breakfast will lead you to overeat later in the day."

According to research from the National Weight Control Registry, 78 percent of people who have lost weight and kept it off long term eat breakfast daily.

Brandeis suggests that if you don't have the time to prepare a well balanced breakfast, grab a container of lowfat yogurt, slice of toast, piece of fruit, or carton of milk so you can fuel up while you're on your way to class.

 - **Stop late night snacking:** After the day is done and you're in your room doing homework or cramming for an exam, it's tempting to snack.

If you must munch late at night, Cynthia Sass, M.P.H., M.A., R.D. adjunct professor of nutrition at the University of South Florida in Tampa, suggests opting for a low-fat snack like microwave popcorn, whole wheat crackers, or individ-

ual fruit cups to satisfy any late night cravings.

A better option is to pop a piece of gum into your mouth to curb any hunger pangs or cravings. The refreshing taste of the gum will trick your body into thinking you're feeding it.

- **Choose foods wisely:** Cafeteria dining can be brutal to a healthy diet. Sass says, "Avoid foods swimming in cream-based sauces and fried or cooked in butter."

Instead, Sass suggests opting for a colorful salad (dark-green, leafy lettuce with fresh, mixed vegetables and lowfat dressing), whole grain wraps filled with vegetables and lean protein, veggie burgers, or vegetable-filled entrees such as veggie-topped pizza and stir-fries.

 - **Aim for 4.5 cups of produce daily:** The Produce for Better Health Foundation reported that fruit and vegetable consumption has been steadily declining in the U.S., which may be contributing to the increase of obesity.

Sass says that people with the highest produce intake have the lowest obesity. Try eating salads more often. According to Sass, a recent study found that women who ate a large, low-calorie salad before meals took in 12 percent fewer calories overall (Hey guys, this can work for you too!).

Here is a recipe for a healthy and easy dish you can make at home for yourself or in your dorm's kitchen for you and your roommates.

Slimmed Down - Open-faced Curried Chicken Salad

Courtesy of Food Network

Recipe Summary
Difficulty: Easy
Prep Time: 20 min.
Inactive Prep Time: 45 min.
Cook Time: 15 min.
Yield: 4 servings (3 1/2 cups)

- Ingredients
- 2 bone-in skinless chicken breast halves, (about 1 1/2 pounds)
 - 4 cups water
 - 2 tablespoons kosher salt
 - 1/4 cup non-fat yogurt
 - 1/4 cup low-fat mayonnaise



- 1 tablespoon freshly squeezed lime juice
- 1 1/2 teaspoons Madras-style curry powder
- 1 teaspoon grated fresh ginger
- 1/3 cup chopped flat-leaf parsley
- 3 tablespoons sliced almonds
- 1/4 fresh pineapple, diced (about 1 1/4 cups)
- 1 bunch watercress, stems trimmed
- 4 slices wheat bread or 2 whole wheat English muffins, toasted

- Process
- Put the chicken in a saucepan along with the water and salt.
 - Bring just to a boil then reduce to a gentle simmer.
 - Cook, covered, so the chicken is just firm, about 15 minutes.
 - Set chicken aside off the heat, to cool and finish cooking in the liquid.
 - When cool, pull apart by hand into shredded bite-size pieces.
 - Whisk yogurt, mayonnaise, lime juice, curry, grated ginger and parsley in a bowl.

- Add chicken, almonds, and pineapple, and fold to coat evenly.
- Make open faced sandwiches with the salad and watercress on the bread or muffins.
- Serve.

Nutrition Facts
Serving Size 4
Amount Per Serving
Calories 288
Total Fat 7g
Sat Fat 1g
Total Carb 26g
Dietary Fiber 4g
Protein 32g

Fall Fashion for Guys and Gals

Guys: Trade in the old for the new

TRADE IN....
The boring white cotton T-shirts

FOR...
The ‘talking tees’ that Abercrombie & Fitch is known for. If anything else, they are great conversation starters due to the double-entendre and often risqué sayings.



TRADE IN...
The varsity letter jacket from high school/your glory days

FOR...
A blazer. Whether you throw one on over a ‘talking tee’ to go to class for a casual look or dress up a button-down on a Saturday night, the blazer is a hot look for men this fall.

TRADE IN...
Wearing a button down and jeans without some spunk

FOR...
Wearing a button down and jeans with a tie to match. Wear the tie loosely hung in a preppy casual kind of way with the first two button or so of your shirt undone. The tie will add the effect of ‘I’m trying to act like I don’t care, but I do’.



TRADE IN...
Baggy oversized jeans that hang below one’s derriere revealing those Spongebob boxers you claim your mother bought for you.

FOR...
A more fitted jean that actually sits on your waist (at least in this case you could still don Spongebob undergarments without people knowing about your fascination for cartoon characters).

TRADE IN...
Squinting eyes and obvious glances

FOR...
Sunglasses, and preferably aviators. Since men don’t have too many options in the realm of accessorizing, sunglasses can make a great statement; you can hide the ‘rough night’ you had behind the large dark shades too.



TRADE IN...
The metal chains that hang from front to back pockets called ‘keepers’ for such things as keys and/or wallets, but rather look like weapons.

FOR...
Armani Exchange leather braided keepers that look less violent and more fashionable.

Top 5 Fall Female Fashion Fixes

ANDREA TIBALDO
FASHION EDITOR

Coats - Makes a statement in any style you wear...

One of this season’s staples includes short ‘bomber’ jackets. Don’t be afraid to wear shirts that are longer than the jacket, especially since layering shirts of different styles and cuts exudes fall fashion. While perusing the merchandise racks this season you’ll also come across jackets and coats that have large, somewhat oversized belts that sit on the waist (a la military-esque). Prints and hound’s-tooth patterns are in as well, especially in mid to long length coats. A note to you short ladies out there though...the long coats (anything below mid calf) are a no-go unless most definitely coupled with high heels or stilettos! If you wear a pair of flats you will give the illusion of being shorter and plumper than you truly are underneath that beautiful coat you’re sporting.

BoHo Is Still In...

The bohemian look we welcomed at the beginning of the summer has followed us into the fall months so keep your mid calf, flowing tiered skirts out, nix the sandals or espadrilles, and instead add knee length boots to the outfit.

Say Howdy To Some South Western Influence

No, I’m not asking you to learn how to square dance or pull out the old daisy dukes that Jessica Simpson single-handedly had boyfriends all over the world begging their girlfriends to wear this summer. Jessica has already been seen in this fall’s hottest shoe...the cowboy boot. Whether the pair you buy is up to your calf or up to your knee, they will infuse a little spunk into almost any outfit...and might even have your boy toy saying ‘Yeehaw’.

Big & Plenty

The saying ‘accessories make the outfit’ will forever hold true so this fall be sure to complete your look with some eye-catching bling. From long layered necklaces (chunky, thin or rockin’ a pendant) to oversized cocktail rings to bangle bracelets; this fall is all about extremes in size and numbers. Large bulky bags and belts should be on every females fall shopping list too (belt trick: have it low slung on the hip to complete your BoHo style) in typical earthy fall colors such as black, brown, copper and even green.

Be Femme Fatale

We are women and need to show it...tastefully! The tomboy in you should have been exonerated the moment you began waxing your eyebrows and shaving your legs. I’m not saying an occasional oversized t-shirt is out of the question on a Sunday when you’re laying around watching football, but there are times that call for an embrace of femininity. Lace camisoles, sheer tops, flirty skirts and pearls are items that make ladies of any age into the timeless beauties we are. But PLEASE, leave the lace and sheer outside of the classroom...please!

Pump It Up, Don’t You Know Pump It Up...

Okay, stop singing and blur those flashbacks your having of Djais on that hot summer night when you were fist pumping with Vinnie, Frankie, Johnnie, and all of the other Italian stallions that kept Belmar hopping from May until August. Pumps, as in high heels, the actual shoe, are what I was really referring to. The 1940s style pump is in full effect. For Fall ’05 the heel is boasting snakeskin, bright colors, buckles and peep-toes. Wear them with jeans and a dressy top or with a business-like pencil skirt and white blouse (leave the bright colored heels out of this outfit unless muted). Make sure you try the pumps on and walk around in them before buying them because sizes can be deceiving. You obviously don’t want your heel flopping out of the back of the shoe, so you might want to try on a pair that is a half-size smaller than what you normally wear. The number one rule for wearing high heels though, is: make sure you know how to walk in them!! All too often I see a girl who looks like she’s walking a tight rope because the damsel is afraid of the height the heel gives her and therefore has unsure footing. Make sure you can walk, and walk, and walk, and walk in the heels if you plan on having a long night (or day) because if you’re not comfortable in the heels, it will be obvious to others and painful for you. Basically, if you have five classes in one day in five different buildings, save the heels and go for a pair of cute flats.



LOOKS CONTRIBUTED by AX

The Outlook

Lauren Benedetti	EDITOR-IN-CHIEF
Kimberly Lynn Mallen	ADVERTISING MANAGER
Stephen Prybeck	TECHNOLOGY MANAGER
Jacqueline Koloski	NEWS EDITOR
Ed Occhipinti	SPORTS EDITOR
Lauren Napolitano	FEATURES EDITOR
Andrea Tibaldo	FASHION EDITOR
Samantha Young	ENTERTAINMENT EDITOR
Christoper Netta	OPINION EDITOR
Suzanne Guarino	PHOTOGRAPHY EDITOR
Alex Pate	LAYOUT EDITOR
Nick Hernadez	GRAPHIC DESIGNER
John Morano	ADVISOR
Sandy Brown	OFFICE COORDINATOR

STAFF WRITERS

Natalie Anzarouth	Sasha Goldfarb
Martin Halo	Nicole DeNardo
Courtney Muir	Lindsay Weiss
Jennifer Roberts	Nikki Reed
Reuven Feldman	Jacqueline Phillips
	Nicole Stevens

Monmouth University's Student-Run Newspaper Since 1933

PLANGERE CENTER 2ND FLOOR, ROOM 260

Phone: (732) 571-3481
Fax: (732) 263-5151

MAILING ADDRESS:

The Outlook
Monmouth University
400 Cedar Ave
West Long Branch, NJ 07764

WEB: <http://outlook.monmouth.edu>
E-MAIL: outlook@monmouth.edu
ADS E-MAIL: outlookads@monmouth.edu
Outlook masthead and back page sports logo designed by Steve Mervine

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Mondays to The Outlook office, 2nd floor, room 260, Plangere Center.

All copy must include the author's full name and contact information.

The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

The Outlook

SUBSCRIPTION FORM

Name	
Address	
City	
State	Zip
Day Phone	Evening Phone

☐ \$20 per Semester

Mail this subscription and payment to:
THE OUTLOOK • Monmouth University
400 Cedar Avenue • West Long Branch, NJ 07764
• or call 732-571-3481 for credit card payment •

Let's make it a good four years

Editorial

There is an abundance of those "What I Wish I Knew Before I was a Freshman" books out today. All these books have one tactical flaw. Most of the authors are so far removed from the freshman experience that the books are little more than the sweet reminiscing of seniors about to leave and so-called "experts" who wish they were back in college. "If we (at *The Outlook*) were freshman again, we would study all the time, be nice to everyone in my hall, and study all the time. We wish we could be a freshman again." Through out the next four years you will learn the ins and outs of college life. But for now here is some logical advice the Editors at *The Outlook* thought may be of some assistance to you, our little freshman.

In logical time, an 8:30 a.m. college class should feel like an 8:30 a.m. high school class. Well, college doesn't operate on logical time. College operates on I-only-got-two-hours-of-sleep-last-night-because-the-guy-next-door-plays-that-one-Nirvana-song-over-and-over time. In this new time frame, an 8:30 a.m. college class seems to occur somewhere around 4:15 logical time.

If your suitemate cuts their hair in the sink, no one is going to clean it up. Ever. Trust us on this one.

Along those same lines, the floor does not vacuum itself. At home we have this thing that sweeps in and eliminates all messes automatically. We call it Mom. They forgot to put one of those in your dorms.

Senior sorority girls really don't go for freshman guys. Sad but true.

If there was something you were good at in high school, at least 53,000 people are majoring in it and are much better at it than you.

Being nine hours from home does not seem that bad until you watch your parents leave to make the trip home without you.

A \$600 food budget lasts about a week.

On weekends the campus empties out, leaving anyone stuck here without a car, stuck here without a car.

Community bathrooms. Enough said.

Best wishes for your college career and....Good Luck!

PICTURE BY Chris Netta



Three years ago.... The friend at the left went to college and the friend at the right got a job.

Going to College? Is it worth the Costs?

CHRIS NETTA
OP/ED EDITOR

On a beautiful September day, three years ago, I moved into my dormitory on the campus of Monmouth University, on a decent scholarship, the first in my family to go to a college, and the first of my friends who didn't go to Union County College. Life was nice, relatively easy going for this first year. I had little money, but it was alright. I had no on-campus parking, but my car was stealthily kept away around the corner and a few blocks away. I was enjoying the freedoms of dorm life, the challenges of the studies and attempting to balance my time between the two.

Flash forward to the present. I am still at Monmouth, however last year MU couldn't supply me with a dorm, so I had to move off campus. The landlord kept most of my security deposit (for reasons involving mowing the lawn), so at the present I am a commuter student. This isn't a problem; I have driven farther to jobs in the past than my commute this year, however the recent leaps and bounds that gas and crude oil prices have made will be a little pricy, but, on

the other hand I paid much less for this year of school, less than half of what it cost me any other year, especially last year, with the over priced house and lost security money.

I have a friend from my town, who, about eighteen months ago, joined the post office. He took, and passed his civil service and drug tests, and started "walking the route." Currently working in Garfield, NJ, he is making pretty good money, bought a car, rents a nice, one bedroom apartment, and has a good cash flow for a bachelor, affording him CDs, DVDs, concert tickets, and whatever else he wants.

I may have bought five CDs since I've been at Monmouth. Three of them were used. DVDs? Forget it. I think I saw one concert since I've been at MU as well, Life of Agony's reunion show at the Birch Hill before it closed down. As a college student, I can't afford most concert prices these days, or much entertainment in general, and with gas prices driving up everything else (I bought a 16 ounce Apple Juice today, which cost \$1.69!), it seems as if I am going to be broke for a little while.

So you, the reader, are probably saying to yourself right now "Lighten up dude, when you get out of school, you'll be getting the better jobs, and who wants to work in the Post Office anyways?" This is what I hope, but after seeing a MU graduate (who was very involved and very good at what he does) from last year around the campus, and hearing that he couldn't find a job, the situation gets depressing. Not to mention the staggering debt that college loans are going to put me in after I graduate, and if I wanted to go to grad school or law school?

They say that most college grads start off making between \$24,000 and \$30,000 a year. The post office employee is making more than that, and didn't have to pay for it. It kind of makes you think, doesn't it? There are lots of jobs out there which don't require a college degree to make good money. Perhaps I should have become an electrician like my Dad or a carpenter like my Uncle. Neither of them went to school, and they live good, hard working lives. I once met a Rutgers grad who, after her graduation, could only find a job working at a Carteret Dunkin' Doughnuts. Worst case scenario? Probably. Possible? Definitely.

DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of *The Outlook's* editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. *The Outlook* reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

CRASH COURSE to Monmouth University: 101

The Ceiling Monologues

MARTIN HALO
STAFF WRITER

...and as the leaves begin to fall on the coast, local liquor vendors brace themselves for the back to school rush. While every new school year brings back memories of drunken debauchery, there is a small breed of student body that has yet to experience the rituals and traditions of this institution. Incoming freshman, this article is dedicated to you.

Four years ago when I was in your shoes there was nothing that could have prepared me what I was in store for, and with a year left, the time I spent here at this “Intellectual Institution” has already blown my wildest expectations. Through it all, there is vital information that you will not be taught during orientation, this is your crash course to adjusting to life here at Monmouth.

Freshman.....
Start by getting close with your freshman roommates, these people will take care of you when you’re too drunk to walk.

Make sure your R.A. likes you; it comes in handy when you are doing things that you are not supposed to.

Learn the meaning of the word, “spooof” learn it, practice it, love it.

Residents of Cedar, you are the only freshman dorm with suites, put those common rooms to good use.

GIRLS don’t get all of your new friends together and decide to walk to a party. I know it sounds like a good idea but if everybody else can

notice a group of 15 freshmen walking down Norwood Ave so can the Police.

Contrary to popular belief floating around some high schools, here at Monmouth the Police arrest everybody so be careful!

If you are a designated driver that is going to off-campus events, don’t blast your car stereo outside of students’ houses, it is a good way to get a lot of people arrested and spoil the night for everyone.

Respect the students throwing the party, they have neighbors who will call the Police so be quite and respectful outside of, and while entering off-campus houses.

For those who are “legally of age” to purchase liquor, the bar located on Larchwood Ave. sells beer until 2 A.M.

Friends don’t let friends join fraternities

Girls if you really want to party with the seniors, the bar scene is the heart of this institution.

Guys don’t try and be cool, we know your not.

...And don’t miss class, the attendance policy here is ridiculous but professors will fail you because of it. The rest is up you, this is your college experience and it will only be as good as you make it, so let the good times roll. Experience all that you can, because these are the friends and memories that will last forever.

Op/Ed

Rueben’s Corner:

Tasty Observations and Thought

RUEVEN FELDMAN
STAFF WRITER

So you’re reading this!
This means that I convinced someone to let me write for the paper!

Actually it wasn’t that difficult. I met with the Editor in Chief and told her that I wanted to write for the paper but I don’t do the politically correct thing, don’t discuss politics, and don’t like to force my writing. She said that was fine.

To me, that is like asking to be a stewardess but telling your boss that you have a fear of heights. She asked me if I had anything written she could read to see my style and if it was appropriate for the paper. I told her that I did and then politely informed her that her couch was an excellent study in paisley and green but should really make an appointment with the garbage. She agreed (her stock again rising with her answer) and after some more Q & A., handed me a complimentary container of Outlook mints which we both agreed looked like birth control pills. (“Now there are two reasons to take The Pill and one of them is minty freshness!” – great sales pitch there). I thanked her for them. They are certainly the best complimentary/incentive token I have recently received. New York magazine mailed me a medium, ruler sized card that tells you how to find the cross streets in Manhattan. Not being a math major, advice that reads “Here’s a simple way to locate the cross street for an address on an avenue. Take the number of the avenue building, cancel the last digit, divide by 2 and add or subtract the number below. That’s the nearest cross street.” Well that’s very kind of you, but for example, Broadway has three “number’s below”: “754 to 858 deduct 29”, “858 to 958 deduct 25”, and “above 100th St. deduct 30.” That’s just Broadway; 5th avenue has 8 Mensa style word problems! See what I’m saying? Breath mints will do just fine.

After we are done talking, I look around the main office and see the expected fat headed computer screens and chairs that look to comfortable to be issued to students. Lining the wall are a number of somber looking plaques that look like they were stolen from a Country or Yatch club; one even claims to be from the President of Kuwait, presented to the Outlook “upon the fifth anniversary of his countries liberation.” I am almost awed. Then

the feeling passes and I am confused. I chalk it up to the fact that he probably didn’t take any summer classes and had the free time. Lucky bastard.

Hmm...I suppose this is the point where I am supposed to introduce myself and then go on to tell you all about Monmouth so lets get that out of the way. You know my name; it should be above this article so that’s taken care of. I was once at this meeting and one of the speakers started off her slide show/speech by repeating what her first slide said (cheery voice with slight nuances of nervousness) “Hi, my name is _____”! I bet at least half the room mentally echoed me thinking: “we know what your name is; it’s on the screen behind you!” (bored stares). Because of this, I don’t introduce myself like that, just kills the first impression. Oh yea, my name is pronounced like “Reuben.” Before I start listing hobbies here, I think that’s enough. On to our University!

Monmouth is a great place people are nice, they hold open doors, say “bless you” like a choir when you sneeze and don’t push. There is even a committee to make sure that everyone is nice. I’m serious, I’m on it. So if you’re new here, good luck, I am confident you will like it here and figure out where things are. If you’re not new here, you already know where the buildings are so best of luck with this years classes and all that stuff.

God that was slightly boring for me to write, not like I tread on formality or politeness but just writing anything with the words “Hi, my name is _____” is a little stifling for me. You see, I like to write about normal things in an abnormal way like waiting on line at Wal-Mart and being thankful for my genes and the fact that I don’t feel the need to purchase industrial sized beef jerky’s or trying to put up window blinds with my dad while discussing current events (hint: don’t discuss the army with the person who pays your tuition or you might end up in the army so that *they* can pay for it). You know, regular stuff.

Add this bit in about labor day somewhere?

So we are all back to our jobs, some working for the school, some working and doing school, and some of us who call school our work. this is all echoed nicely by starting our various occupations the day after Labor Day, a holiday for worker commemorating their work which is oddly enough celebrated by taking off from their work.

QUOTES OF THE WEEK

“Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.”

Leonardo da Vinci
(1452-1519)

“The empires of the future are the empires of the mind.”

Winston Churchill
(1874-1965)

“I welcome and seek your ideas, but do not bring me small ideas; bring me big ideas to match our future.”

Arnold Schwarzenegger
(1947-)

“You learn from a conglomeration of the incredible past whatever experience gotten in any way whatsoever.”

Bob Dylan
(1941-)

“Imagination is more important than know-ledge. Knowledge is limited. Imagination encircles the world.”

Albert Einstein
(1879-1955)

“If this were a dictatorship, it’d be a heck of a lot easier, just so long as I’m the dictator”

President George W Bush
(1946 -)

“If you can’t get rid of the skeleton in your closet, you’d best teach it to dance.”

George Bernard Shaw
(1856-1950)

Have an Opinion?

Let Us Know

CHRIS NETTA
OPIED EDITOR

Students of Monmouth University, do you have an opinion on something, a story to tell, or a

piece of writing which you would like to see published in this section of *The Outlook*? If so, send us a copy at outlook@monmouth.edu. Try to keep submissions roughly 500 words or less, and try to have you spelling and grammar down (although we may copy edit some submissions).

Still interested? Want to see your name grace these pages, but can’t think about something to write about? Some good topics include things you like or have problems with at Monmouth University, the community surrounding it, your clubs and extracurricular activities, sports, technology, science, pretty much anything that you have an opinion on which is not obscene or offensive. Those rants are going to have to be relegated to your new-fangled internet “blogs”.

America gives you the freedoms of speech and the press, and as college students you all have the chance to utilize these

rights in ways which many others cannot. We all have an opportunity here to be heard, so take advantage of these chances that a great many don’t receive. Whether you have realized it or not, we all have good fortunes and better opportu-

nities by even being in college (a university none the less) so to all students, especially those whose classes are mostly in the Plan-gere Center, take advantage of these media outlets and your education.

Don’t let these times slip through your fingers. Express yourself, and take advantage of the facilities at this university. There are many people throughout the world that wish they could be where we are today, but, for a myriad of different reasons, cannot be.

Once again, it cannot be underscored how important it is not to just get wasted and waste away these years. It will be alot easier to get jobs with a portfolio of work, instead of with a beergut, a DUI, and a hangover.

If you desire to send articles to the Op/Ed section of *The Outlook*, please send submissions to Outlook@monmouth.edu.

We all have an opportunity here to be heard, so take advantage of these chances that a great many don’t receive. Whether you have realized it or not, we all have good fortunes and better opportunities to even be in college



TIKI TAN
TANNING CENTERS

"IT'S NOT JUST A TAN, IT'S A TIKI TAN!"

OCEAN TWP.
1610 HWY 35 SOUTH
(Just before Pep Boys)
732-517-0303

WEST LONG BRANCH
RT. 36 & 71
SHOPRITE PLAZA
732-578-0084

STUDENT SPECIAL!
1 MONTH GOLD MEMBERSHIP
INCLUDES UNLIMITED USE OF **LEVEL 1**
BEDS AND BOOTHS
\$45.00
This coupon is not valid with any other offers. Exp. 09/14/05

HAVEN'T TRIED US YET?!
RISK FREE TRIAL!
2 WEEKS FREE
(With Session Fees)
This coupon is valid on your first visit only
Exp. 09/14/05

UV-FREE TANNING
FREE SESSION
WHEN YOU BUY ONE AT REGULAR PRICE.
FIRST TIME USERS ONLY.
OCEAN TWP. LOCATION ONLY.
Exp. 09/14/05

Now Hiring in both Locations!

Student Specials Valid at Ocean or West Long Branch Locations for Ages 23 and Under with Valid Student Photo ID Only



Senior Pier Village Resident Nicole Holota (pictured above) arranges flowers for her new apartment located on the beach in one of Long Branch's new redevelopment zones.

Beachfront Living

Housing continued from pg. 1

students because the University negotiated a lease for such a large number of units.

"The apartments and the entire complex are beautiful. It is an amazing opportunity to live in such a beautiful place while paying for it through college tuition," said Bowes.

Each apartment has its own stackable washer/dryer, dishwasher, microwave and fridge which was provided by Pier Village.

The University provided each unit with an overstuffed couch, chair, coffee table and end tables for the living room. For the bedrooms they supplied headboards, mattresses, night tables, and dressers. A table with four chairs was made available in the dinette area. Students had to bring their own desks and anything else they wished to decorate the apartments with.

"My roommate and I chose to do a bunch of decorating to make it feel very homey. We love it," said Senior Pier Village Resident Nicole Holota.

Pier Village is a \$100-million redevelopment project that attracted such interest that in January, when the luxury apartments started leasing, the waiting list had grown to more than 1,000 names.

"This is a great opportunity for our students to live within the community of Long Branch. The venue is wonderful - resort like - our students have expressed their enthusiasm with living there," said Jim Pillar.

The University has a one year lease at Pier Village which started on June 6, 2005. On June 17, students were allowed to move into the new beachfront property and have access to the units for 11 months out of the one year lease. "So far, for the past 2 months, Pier Village has been an exciting experience.

I'm looking forward to what the next 10 months bring the Monmouth students here at Pier Village. I also hope that more students are offered this opportunity next year and in many more years to come. It's a wonderful experience," said Holota. In order to obtain residence in Pier Village students had to fill out applications, be a junior or senior student in good academic standing, who are not on probation and have high grade point averages.

If this year's living situation is successful the school looks forward to expanding the operation.

"To date, our students have been great neighbors," said Director of Residential Life and Housing Operations Jim Pillar.

Although students love their new location some express concern about being so far from campus.

"Yea, I kind of do feel detached. Now I can't just take a walk and see what's going on in another building, less friends are as close to me as when on campus, and it's harder to meet new people unless you go out. Living on campus is just a more friendly nursed environment," said Senior Pier Village resident Joe Alfonso. Alfonso also noted, "It is a good taste of living off campus without actually moving off on your own."

Others feel the commute is worth the new college lifestyle.

"Because I have lived on campus for three years, I feel that I have gained a lot of on campus experience which now allows me to enjoy being a commuter this year. I'm looking forward to being a commuter now...it's been well deserved," said Holota.

Although students are off campus Jim Pillar noted that, "the same rules for on campus apartments are enforced at Pier Village, additionally, there are additional regulations set by the complex." There is also one Hall Director and two graduate Resident Assistants looking over the students.

Students who live in Pier Village have nothing but positive things to say about their new location with the exception of not getting treated like real Pier Village residents.

"I had expected to be treated more like a responsible adult by Residential Life. There is a responsibility while living at the apartment but there are some rules that seem absurd, such as the privilege of not being allowed to have any candles or curtains," said Bowes.

Along with the new student residents there are many new Long Branch residents that moved in around the same time as University students.

"For the most part they [neighbors] seem very warm and welcoming. But there are those residents who try and ignore the Monmouth students, undoubtedly annoyed that they are living there," said Bowes.

Pier Village not only provides living accommodations but a plethora of other opportunities.

"I absolutely love the independence and environment. It is a very comfortable community that reaches out to their residents. Pier Village offers a variety of things; such as dining, shopping, spectacular events that draw tons of outside people and its residents to the community," said Senior Nicole Holota.

It's a new academic year for Monmouth University and the new living situation for students at Pier Village is a dream come true.

"I love walking to my car and smelling the ocean water. The breeze is great and having the option to walk right out the building and onto the beach is so exciting," said Holota.

Freshmen make adjustment to MU with help of Orientation Leaders

Move-in continued from pg. 1

and Leah (Paris), Hypnotist – Astonishing Neal, and attend a late night breakfast.

The orientation is given by a group of trained upperclassmen who serve as orientation leaders.

There are a plethora of upperclassmen who become orientation leaders at Monmouth. Many are motivated by their own experiences.

"I had a lot of fun at my orientation, it inspired me to become an OL (orientation leader)," said SGA president Alyson Goode.

Other orientation leaders volunteer for the sheer pleasure of knowing their hard work makes the transition for new students a little bit easier.

"It's fun getting everybody moved

in and getting the year off to the right foot," said Mike Lizza.

Orientation continued on Monday, September 5th. The day began at 8 a.m. and new freshman had a day full of vigorous activities followed by a late night comedy act.

Move-in and orientation have run smoothly past years, but many mentioned the beautiful weather made this year's move-in more enjoyable than ever.

"I think it's going perfect because we have a wonderful day, it's very well organized and everybody I've talked to has been very happy," said President Paul Gaffney.

Vice President of Student Affairs Mary Anne Nagy noted, "I think every year it gets smoother and better."

Parents acknowledged how convenient it was having the move-in

crew on campus during the morning on move in day.

"They always give comparisons 'her or his older brother or sister went to this school or that school' and we got stuck lugging things up the stairs or across the street. There's no one in an orange shirt helping us carry stuff upstairs or a President helping us unpack our car," said President Paul Gaffney.

New students were all smiles on move-in day. Freshman Taylor Smith expressed her excitement when asked why she chose to come to Monmouth University.

"They had exactly what I wanted in a major, the school is beautiful and everyone is just so friendly. I knew that when I came this was the school for me," said freshman Taylor Smith.

Monmouth University Undergraduate Admission Annual Fall



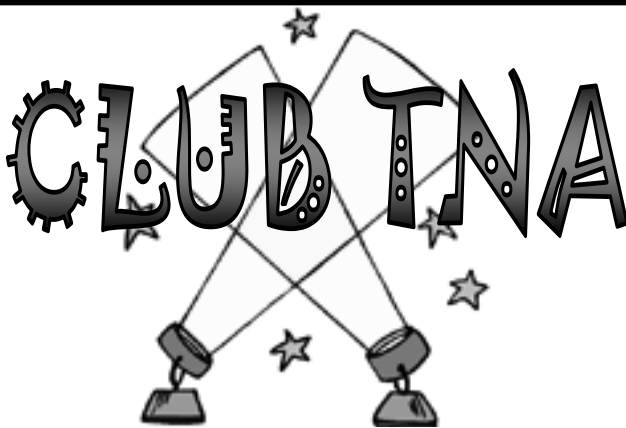
FOR PROSPECTIVE STUDENTS AND THEIR FAMILIES

Sunday, October 2nd . Volunteers Needed!

THE FUTURE SUCCESS OF MONMOUTH UNIVERSITY
DEPENDS ON YOU!

SHARE YOUR MONMOUTH SPIRIT VOLUNTEER TODAY!

TO VOLUNTEER: CONTACT CARINE AT 732-571-3456 X5625
cgolden@monmouth.edu



The PLACE to be THIS THURSDAY NIGHT!!!

Free Drinks from 10:00 PM to Midnight!

No COVER!!!

**Awesome
Door
Prizes!!!**

**Thursday, September 8 2005
Oakwood Hall Lounge**

**Win a
Monmouth Mall
Shopping
Spree!!!**



CAMPUS VIEWPOINT
BY: SUZANNE GUARINO

“As an incoming freshman, what are you most afraid of as you begin college?”



Terry

“Eating something I’m allergic to and getting a deadly reaction.”



Nicole & Allie

“Gaining the freshman 15.”



Melissa

“Walking into the wrong class at the wrong time.”



Ruben

“Your mom goes to college.”



Dave & Nick

“The RA’s -- because they have power.”



Valerie & Lauren

“Being away from home and having to be an adult for the first time.”



Danielle

“People stealing my stuff.”



Marion

“Failing out.”



Cristina

“Feeling alone.”



Chrissy & Amanda

“Trying to find a group of friends that you identify with.”

Share your space, but live on your own.



All furnishings pictured are from Wal-Mart.



HP Laptop



Bedding



Storage

Get everything for your dorm room at Walmart.com and still afford tuition.

WALMART
ALWAYS LOW PRICES.
Always
Walmart.com

Fear Takes Flight on **RED EYE**

NICOLE DENARDO
STAFF WRITER

Lisa Reisert (Rachel McAdams) is a nice, kindhearted hotel manager who, as part of her job, is forced to deal with nasty, demanding people on a daily basis. Her worst fear, however, quickly becomes a reality aboard a turbulent airplane when she is forced to become involved in an assassination plot against the Homeland Security Chief (Jack Scalia) and his family by a terrorist named Jackson Rippner (Cillian Murphy).

MOVIE REVIEW

The concept of the movie is great: simple, sweet, twenty-something year old girl gets wrapped up a larger than life quest for blood. If everything goes as planned, the deaths of several innocent people will rest on her shoulders. The audience immediately feels for Lisa and realizes this terrifying situation could happen to anyone. It is the circumstances under which Lisa is placed, not the gore and vulgarity (both of which are minimal), that make this movie scary. The whole time, you wonder how Lisa is going to escape and what Jackson will do to stop her.

The idea of being within the small confines of an airplane and Lisa's fear of flying adds to the frightening, edge of your seat, tension the movie provides. It's as if you are thinking, "Could this woman be in a worse situation?" The consequences of rebelling turn out to be dire as well. If Lisa does not do everything Jackson says, her father will be killed by a man Lisa is told is standing outside of her house.

Lisa's holds the lives of many, including her own, in her hands. She has to think carefully, but how carefully can you think when you're flying with a psycho in the seat next to you?

The storyline immediately hooks, but does it deliver? The answer is both yes and no. While the battle between Lisa, a woman trying to remain sane, and Jackson, a man who is as unsym-

pathetic as they come, is engaging; the story seemed to tinker out in the end. The viewer waits for Jackson's character to surprise Lisa with a new twist. On the other hand, the same viewer also waits for Lisa to do something unpredictable in her moment of fright, but neither happened. The story ends up being quite predictable.

Though the story didn't provide many shocks, its realism was what made the movie work. In an age of terrorism, especially on airplanes, the story seemed appropriate for the time. If *Red Eye* was trying to play with the audience's emotions and sense of vulnerability, then it succeeded. This was what keeps you watching. However, when Lisa and Jackson get off the plane, the danger and horror that was captured so well in the first half seemed to peter out. The movie then begins to unfold as so many of Wes Craven's horror films do, where you sit there thinking, "Watch out the scary man is right behind the door!" It would have been better if that "slasher flick" element had remained absent.

The acting in the film was magnificent. McAdams and Murphy both fully captured the essence of their characters. McAdams makes you relate so much to Lisa, that you are forced to squeeze your seat, feeling her heart-pounding anxiety. You can taste her fear throughout the movie and hope that it never happens to you. McAdam's performance shows that yes, these things do happen to real people and even the smartest of the bunch have trouble knowing what to do. In one scene, Lisa comes to terms with the fact that she is in trouble and breaks down

in the bathroom. This shows just how magnetic McAdam's performance is in this movie.

Cillian Murphy's interpretation of a maniac, tormenting another person makes your skin crawl. When he first comes onto the screen, Murphy is able to portray Jackson as a charmer with a sweet smile, not giving any hints that an assassin is behind those baby blues.

Although you already know Jackson is crazy from the trailers, you still find it hard to believe that the guy you meet in the beginning of the movie is the same as this crazy man who will do anything to get what he wants. I liked the way Murphy portrayed Jackson as the guy next door. You can't blame Lisa for wanting to talk to Jackson and getting to know him better. Murphy also plays Jackson with a bit of mystery. You want to know more about him and why he does what he does. Murphy makes you believe that there is more to Jackson's character than meets the eye, but unfortunately you never find out.

Red Eye is directed by Wes Craven - yes, the same guy who directed *The Nightmare on Elm Street* and the infa-

mous *Scream* trilogy. Making a movie that is more believable and bone chilling, but in a different sense than his other films, was a welcomed change. It truly showed his flexibility as a director. His colleagues would be wise to follow suit and make more films like *Red Eye*.

"Establishes a mood and manages to keep it edgy and claustrophobic throughout."

JEANNE AUFMUTH
PALO ALTO WEEKLY

Though it becomes a bit hackneyed, *Red Eye* is worth watching for the amazing performances and entralling, dramatic storyline that unfolds when two strangers meet and only one can get out alive.



Rachel McAdams and Cillian Murphy star in Wes Craven's newest thriller, *Red Eye*.

Summer in Review

SAMANTHA YOUNG
ENTERTAINMENT EDITOR

The box offices were booming nationwide this summer as people arrived in droves to see their favorite stars on the big screen. Many films were released, but only a select few can be called "blockbusters." Here are the top five highest-grossing movies:

1. *Star Wars III: Revenge of the Sith*

Fans of all ages showed up to see the sixth and final installment of the *Star Wars* saga. No big surprise here!
\$379.4 million

2. *War of the Worlds*

In a risky career move, Tom Cruise decided to take a break from his eccentric couch-hopping behavior to promote this H.G. Wells adaptation. Oprah would be proud.
\$231.8 million

3. *Batman Begins*

Katie Holmes bid a final farewell to Dawson, Pacey and the creek as she completed her transformation into a bonifide movie star.
\$203 million

4. *Charlie and the Chocolate Factory*

Johnny Depp brought dark humor and off-beat comedy to this remake, deeming it a must-see.
\$197.6 million

5. *Wedding Crashers*

With the raw talent and chemistry Owen Wilson and Vince Vaughn brought to their roles, this movie couldn't miss.
\$195.8 million

Navavatri...It's Here

October 8, 2005

Anacon Hall

8pm-Midnight

- Garba Band
- Dance Instructor
- Dandya Sticks
- Foot - Chaat

Tickets on Sale \$10

Free to MU Students with ID

Call 732-571-3640 for more info

Sponsored by International Student Services & International Club

STUDENTS WANTED FOR THE UNIVERSITY AMBASSADOR PROGRAM

Are you an **enthusiastic** freshman, sophomore or junior with a **dynamic** and **outgoing** personality?

Do you love being a Monmouth University student?

YES!

Apply today to become a University Ambassador...

As a University Ambassador, you will:

- Give tours to prospective students and their families
- Participate in recruitment fairs, open houses, Saturday information sessions & high school visits
- Assist staff with daily projects and serve as a Student Ambassador in the Office of Undergraduate Admission

The Office of Undergraduate Admission trains all University Ambassadors.

The Undergraduate Admission Office is located on the first floor of Wilson Hall and is open from 8:45 a.m. to 5:00 p.m., Monday through Friday.

PLEASE CONTACT Andre Richburg
732-263-5882
arichbur@monmouth.edu

The 40 year old virgin is a bangin' good time

NICOLE DENARDO
STAFF WRITER

Other than *Wedding Crashers*, it's been quite a while since a movie has had me laughing from beginning to end. When it comes to the funniest movies in recent years, *The 40 Year Old Virgin* not only wins the title, but also introduces the very enjoyable Steve Carell in a breakout performance which showcases his comedic talents to the world.

Carell plays awkward, naive and nerdy Andy Stitzer who has every comic book, video game and action figure known to man. But there is one thing Andy has never had: sex. In the past, Andy has had one too many embarrassing intimate moments. So many, in fact, he has just given up trying to have sex. Andy comes to believe that sex will never happen to him and he should find other things to do to pass his time (like play the trombone, paint his action figures, and perform karaoke by himself in the comfort of his own living room). When Andy's three co-workers find out his little secret, it becomes their goal to get him laid.

Though Andy may seem like the typical "dork" featured in many movies, the way Carell plays Andy makes him very likeable to the au-

dience. You may even find yourself feeling bad for Andy and his sexual hinderance. Carell gives Andy a sweet, sensitive side, so you are caused to root for him instead of laugh at him. He also reveals Andy's fear of failure and getting hurt with a fragility anyone can respond to.

Carell (who is also credited as a writer) and Jude Apatow, the di-

rector and also a writer, turn what could have just been a raunchy adult comedy into something that is somewhat believable - something the audience can relate to, and laugh at at the same time.

MOVIE REVIEW

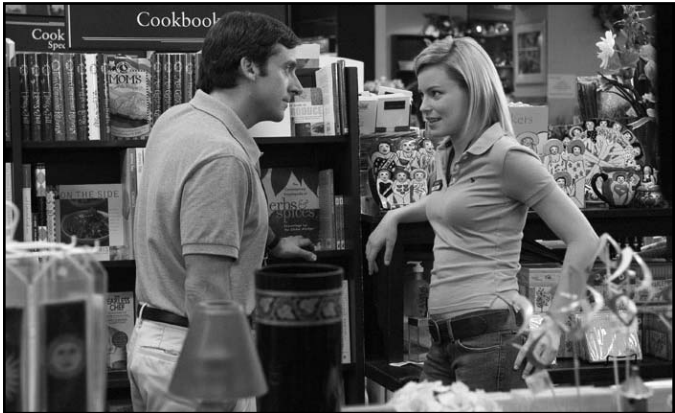
The great thing about *The 40 Year Old Virgin* is that it blends goofy, fun comedy with intelligent comedy, adding only a small amount of raunchy dialogue. There are of course the typical body part jokes, but they all fit the scene and don't seem there for the sole purpose of a cheap laugh. Lots of the lines and scenes are ones where you hate to admit it, but you know what the characters are talking about because it has happened to you. In one scene, Andy's work buddies

take him to a bar to hit on the drunk girls. In another, Cal (Seth Rogan), one of the work friends, tries to get Andy to make an impression on an attractive bookstore worker named Beth (Elizabeth Banks). Giving Andy advice, Cal suggests that he plant his seed by talking to Beth but not asking her out just yet. Afterwards, Cal says in typical jerk fashion, "You've got to wait for the seed to grow into a plant, then you got to f**k the plant." You can't help but laugh, because you know guys actually do this, but a name has never been given to it.

The movie's more moral side is shown through Andy's relationship with Trish (Catherine Keener), a single mother who has insecurity problems of her own. Though Andy and Trish have different issues, they connect because they both have been hurt. In one very funny scene, Andy tries to show how much he cares for Trish by taking her angry daughter to a health clinic to talk about sex and birth control. Andy, however, becomes the one at the clinic asking questions and wanting to know more about sex. In yet another scene Trish wants to have sex and asks Andy if he has protection. To this Andy replies, "I don't believe in guns."

The 40 Year Old Virgin also features great comedic performances by Paul Rudd, Seth Rogan and Romany Malco who play Andy's three outrageously horny, immature friends. Though the movie centers around Andy, these three actors were also in full comedic swing, adding their own funny touches to the movie.

The 40 Year Old Virgin has everything a movie should: funny, likeable characters, recitable lines, memorable scenes, a touch of all different types of comedy, and a little romance. The movie may not have been perfect, but it was enough to make me want to roll off my seat in laughter and do it all over again.



Andy Stitzer (Steve Carell) tests out some pick up lines on an unsuspecting bookstore clerk in the movie *The 40 Year Old Virgin* (now in theaters).

The new pornographers' latest album: Third Times A Charm

SALLY MASON
STAFF WRITER

In just over a year since releasing his first solo album *A Slow Wonder*, AC Newman and his indie rock-cohorts The New Pornographers have produced *Twin Cinema*, an infectious pop record showcasing Newman's abilities as a collaborative songwriter.

The Vancouver-based band have been together since 2000, at which time they released their critically-acclaimed debut record *Mass Romantic*, a forty-minute epic beloved by fans and reviewers alike. Since the release, they have toured extensively in North America and Europe, stopping at local venues including The Bowery Ballroom and Webster Hall in New York City, Maxwell's in Hoboken, and most recently, the 2005 Celebrate Brooklyn! concert in Prospect Park. Newman, who toured briefly this summer in support of *A Slow Wonder*, has reunited at least temporarily with famed indie rockers Neko Case and Dan Bejar (both of whom also have successful solo careers) to create one of the best records of the year. Even friends and relatives are welcome to join the band. The most stunning addition includes Newman's long-lost niece Kathryn Calder. "About

tractions occur on the tracks Bejar wrote and sang for, "Sing Me Spanish Techno" and "Broken Beads") On "Use It," the first single from *Twin Cinema* (previewed as an mp3 at Matador Records's website), Newman and Case's vocals mingle in and out of both the chorus and separate verses; it is hard to say definitively who the lead singer is. This is a technique cultivated by The New Pornographers, exercised beautifully on past songs "All For Swinging

MUSIC REVIEW

You Around" and "Miss Teen Wordpower." Moreover, "Use It" is lyrically astounding, with simplistic, conversational words and phrases its youthful, idealistic audience can relate to. Newman tells us plainly: "If you've got something that sheds some light/use it tonight," and later, only changing the chorus slightly, maintaining a perfect rhyme, "if there's a choice between a chance and flight/choose it tonight."

The strongest track on *Twin Cinema* by far is "The Bleeding Heart Show," which begins slow and steady, elevating to its gorgeous

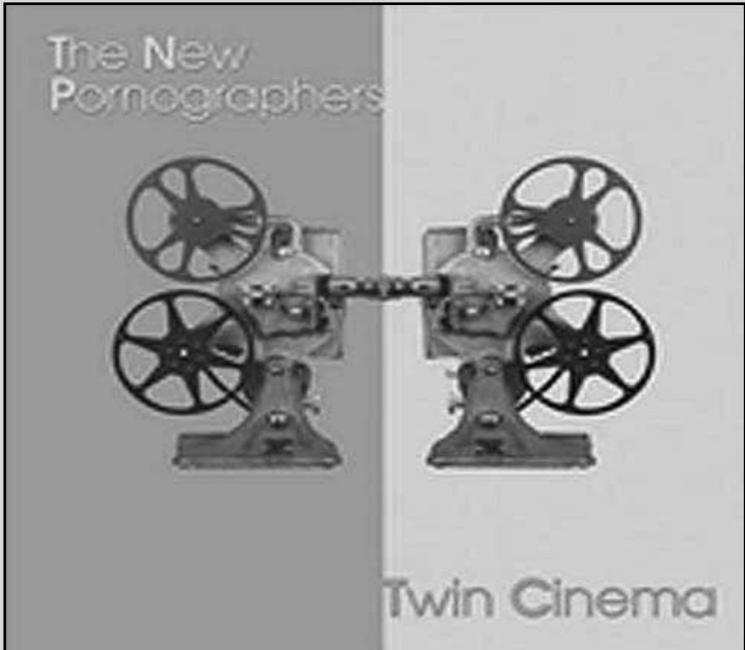


AC Newman, frontman of The New Pornographers, poses with his band.

seven years ago I found out I had a long-lost sister, who had two kids," Newman explains. "I knew Kathryn became a musician, but only recently friends saw her band play and raved to me about her talent. I thought, 'You can't have your niece in your band! It's just not done!' It turns out that it is done."

Twin Cinema, like *Mass Romantic*, is an album with a title track purporting to be the strongest and catchiest among others; however, *Twin Cinema* bears more resemblance to *Electric Version*, The New Pornographers' 2003 release. (Predictably, the only possible de-

culmination through the use of Zulu-inspired choral arrangements and organs. The album as a whole features a plethora of sounds, a wide array of instruments played by seven out of nine band members, including though not limited to: guitar, bass, synthesizer, harmonica, pump organ, xylophone, percussion, piano, melody and ebow. (Rather than deny any comparisons to legendary prog rocker/producer Brian Eno, Newman embraces them in a preemptive strike: "You can't play ebow without sounding like Eno.")



The New Pornographers' latest record is a hit with their indie rock fans.

Notice to January 2006 Graduates

from the Office of Registration & Records



Mark the following important dates in your calendar:

09/30/05



APPLICATION FOR GRADUATION DUE

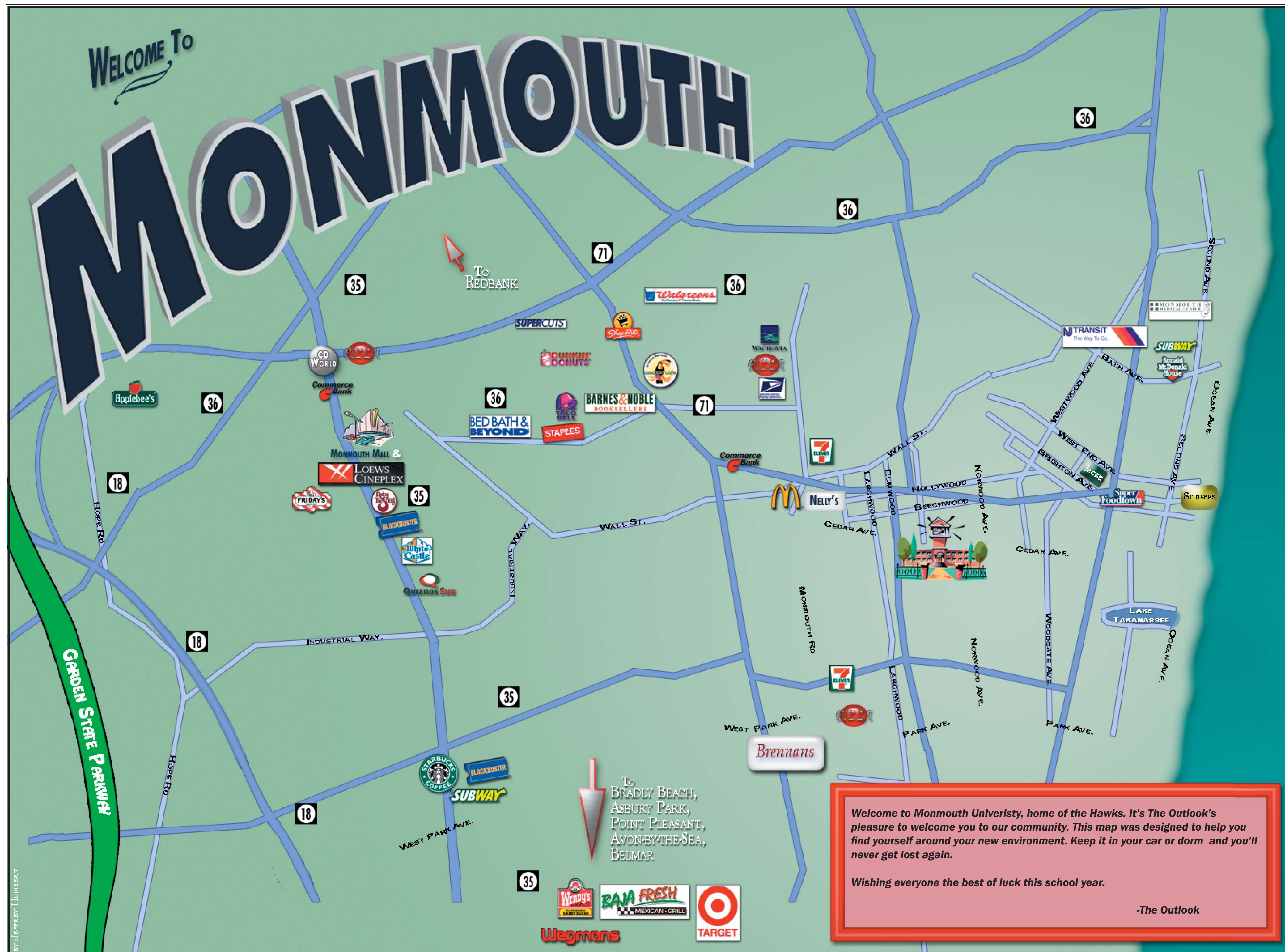
12/01/05



LAST DAY TO SUBMIT SUBSTITUTIONS OR WAIVERS

WELCOME To

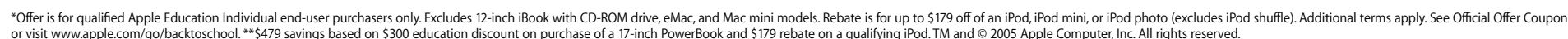
MONMOUTH



Welcome to Monmouth University, home of the Hawks. It's The Outlook's pleasure to welcome you to our community. This map was designed to help you find yourself around your new environment. Keep it in your car or dorm and you'll never get lost again.

Wishing everyone the best of luck this school year.

-The Outlook



AN IMPORTANT MESSAGE for ALL MONMOUTH UNIVERSITY STUDENTS!!!

ACCESS YOUR STUDENT RECORDS

ONLINE THROUGH

WEBstudent

WebAdvisor - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Address https://webadvisor.monmouth.edu/datatel/openweb/st/stmenu.html

Links Best of the Web Channel Guide Customize Links Free AOL & Unlimited Internet Free Hotmail Internet Start Microsoft RealOne Player RealPlayer Windows

WebAdvisor

by Datatel

MONMOUTH UNIVERSITY

WEBstudent

Instructions

Acce

The following links may display confidential information.

Students should use their Monmouth University email account when communicating with Administrative Offices

Personal Profile	Registration Tools
I don't know my WebAdvisor Password	Academic Audit
How to Access Your Monmouth Email Account	Curriculum Charts
Change Password (login required)	Sequence Charts
My Profile	Course Prerequisite Worksheet
Personal Academic Information	Course Schedule Information
Grades	Sections Offered By Term (Search For Classes)
GPA	Registration Approvals and Blocks
Transcript	WEBregistration - Register/Add Classes
Class Schedule	WEBregistration - Drop Classes
Final Exam Schedule	OTHER
Final Exam Schedule Lookup	Registration and Records Online Forms
Undergraduate Catalog	Academic Procedures
Undergraduate Catalog	Academic Calendars
Course Descriptions	Residential Student Phone Bill Inquiry
Undergraduate Curriculum Charts	Student Advising Responsibilities
Graduate Catalog	Health Insurance Waiver
Graduate Catalog	Financial Information
Course Descriptions	Account Summary
Graduate Curriculum Charts	Financial Aid
	Financial Aid Status By Term
	Financial Aid Award Letter
	My Documents *****NEW*****

WebAdvisor 2.14

Menu FAQ

The Netscape screen above indicates the areas currently accessible.

To access your academic information, please follow these simple steps:

Click the following from Monmouth's home page (www.monmouth.edu):

▷STUDENTS

▷WEBstudent

Complete Instructions for WEBstudent are available online:

Click *Instructions* on the top menu bar on the WEBstudent menu shown above.

**ADVERTISE
IN
The Outlook**
Call us AT
732-571-3481

Bartenders Needed
No Experience Preferred.
Full Time/Part Time Available.
Will Train.
732-345-9191

STSTRAVEL.COM
Join America's #1 Student Tour Operator

SPRING BREAK 2006

**CANCUN
ACAPULCO
JAMAICA
BAHAMAS
FLORIDA**

Sell Trips, Earn Cash
& Travel Free

1-800-648-4849 / www.ststravel.com

**Navavatri...
It's
Coming!**

**Babysitter/Child
Care Needed**
For 2 Boys, ages 3 and 6
in Marlboro, near Route 18.
Hours 2:30pm - 6:00pm,
Mon-Fri and occasional
evenings. Must drive and
have reliable car.
732-398-1322



Part Time Data Manager Needed

Organize, Format and Query Data in Excel, Access, MS SQL

Part time help needed in organizing and accessing multiple databases
in different formats. Daily tasks would be merging files, sorting
and formatting data for delivery to clients.
PHP experience is a plus.

Contact: Global Data Group
Phone: 732-229-6500
jobs@globaldatagroup.com

For Sale
**Professional,
motorized
drafting table.**
**In good
condition.**
**Asking \$100 or
best offer.**
**Buyer must
pick up.**
732-747-7483

**Electric
Beach**

Cobblestone Village
871 West Park Ave. • Ocean Twp.
732-493-9010

**SPRAY TANNING
AVAILABLE**

Students \$5.00
Per Session
\$44.00 Monthly Unlimited
No Session Fee
• Come in Three Times a Week
Save \$16.00
• Come in Four Times a Week
Save \$36.00

Students Must Have Valid I.D.
Expires 10/31/05.



TALK ABOUT AN ADRENALINE RUSH!

You'll also get career training
and money for college.
If you're ready for the
excitement, join the Army
National Guard today.



1-800-GO-GUARD
www.1-800-GO-GUARD.com

Join The Outlook

The Outlook is currently seeking help in the
following departments:

- Photography
- Layout (program used: Adobe InDesign CS)
- Staff Writers
- Copy Editors

Students from *any* major are welcome to join,
experience is *not* necessary.

Our meetings are held weekly in
the Outlook office on
Wednesday afternoons at 2:30 pm and
Monday evenings at 6:30 pm

Weekly meetings are open to all members, new and old.

For more information stop by the office
and talk to a member of The Outlook staff or
use the contact information below
to get in touch with us.



Stop by the Plangere Communication Center
and visit us!
The Outlook is located on the 2nd floor, Rm 260
phone: 732-571-8481
fax: 732-263-5151
e-mail: outlook@monmouth.edu
outlookads@monmouth.edu

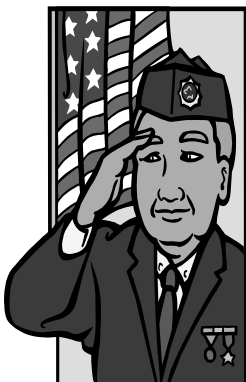
Brighton Memorial Post

V F W POST 2140
255 WILLOW AVE.
LONG BRANCH, NJ 07740

CANDELLIGHT SERVICES

**POW/MIA
PATRIOTS DAY**

TO HONOR THE VICTIMS OF 9/11



Sunday – September 11TH 2005
2:00 PM

WWW.SEFAN.ORG: WEB SITE TO HELP FIGHT HUNGER

The Statewide Emergency Food and Anti-Hunger Network (SEFAN) has launched a web site to help address the growing problem of hunger in New Jersey. By logging onto www.sefan.org and clicking onto "Pantry Link" you can find out about local food pantries, soup kitchens and shelters that serve meals in your community. The web site lists volunteer opportunities as well as items needed such as non-perishable food and baby products.

By helping your local emergency food provider, you will be helping to fight hunger in your community and in New Jersey. So log onto www.sefan.org and click on "Pantry Link" today!

HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Sept. 7th)

Make plans this year, but don't take off quite yet on your voyage. Gather up wealth so you can pay all your bills off first.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

♈

Aries • (Mar. 21 - April 19) - Today is an 6

After you've discussed the options and made your decision, the next thing on the list is to find and appropriate the funds. There's not a moment to lose.

♉

Taurus • (April 20 - May 20) - Today is a 8

You took on the assignment, and now you're eager to get started. The first thing you encounter is the next barrier to overcome. Examine it closely.

♊

Gemini • (May 21 - June 21) - Today is a 7

Although you're very flexible, it's nice to have a plan. Conditions are good for drawing one up, concerning your career.

♋

Cancer • (June 22 - July 22) - Today is a 9

The next few days will be perfect for cuddling at home with a good book and a loved one, and maybe a couple of pets.

♌

Leo • (July 23- Aug. 22) - Today is a 5

Proceed with caution today and tomorrow. It will be easy to get stuck. Stand up for whatever's most important to you, while you're at it.

♍

Virgo • (Aug 23 - Sept. 22) - Today is a 8

You can afford to make an investment in your own education. First, study the best way to do that.

♎

Libra • (Sept. 23 - Oct. 23) - Today is a 7

Use your imagination to find another way to supplement your income. Promise yourself you'll pay off bills.

♏

Scorpio • (Oct. 23 - Nov. 21) - Today is a 8

You're coming out of your reverie, eager to get started on a new scheme. Wait, until you have a better sense of the cost.

♐

Sagittarius • (Nov. 22 - Dec. 21) Today is an 6

Delegate as much as you can, since your attention will soon be diverted. There's a job that only you can do, and it's coming due, quickly.

♑

Capricorn • (Dec. 22 - Jan. 19) - Today is a 8

Friends want to get you involved, but take care. Don't promise to do something that benefits them more than it does you. Consider your own family first.

♒

Aquarius • (Jan. 20 - Feb. 18) Today is a6

Don't talk about your pet project within earshot of a person who could turn out to be your major competition. Mum's the word.

♓

Pisces • (Feb. 19 - Mar. 20) Today is a 8

You'd like to expand your territory, but there's something holding you back. It's kind of like you forgot to release the emergency brake.

ACROSS

1

Sch. near Harvard

4

Highland plant

9

Keyboard comic Victor

14

Docs' group

15

Bonehead

16

Stay away from

17

Had a mishap in the supermarket?

20

Luau dances

21

Improve

22

School collar

23

Seventh planet

26

Camera letters

29

Aachen article

30

Battery terminal

31

Of the ear

32

Homeric epic

33

Bear witness

35

Had a mishap at the laundry?

38

Photographer Parer

39

Archibald and Thurmond

40

Traveler's stops

41

Relevant: Lat.

42

E. Bilko or J. Friday

45

__ tai cocktail

46

Old Chevy model

48

1934-35 Heavyweight champ

49

Recto's opposite

51

Medicinal shrub

52

Had a mishap at the sewing shop?

57

Exposes

58

Olds model

59

Min. fraction

60

Storage box

61

Cut corners

62

Either part of a fly?

10

Hot box

11

Car with a rumble seat

12

Rummy call

13

O'Neill and Sullivan

18

PC group

19

Aussie bird

23

Alliance

24

Jeffers's __ Stallion

25

Book supplements

27

Itemize

28

New GI

30

Der __ (Adenauer)

31

Elevator man?

32

Mother of Horus

33

Daisy relative

34

Those folk

35

Turner of "Madame X"

36

Indiscriminate consumer

37

Rani's dress

38

Poorly lit

41

Hilo hellos

42

Most rational

43

Artistic subdivisions

44

Stupefied state

46

Brittany port

47

NYC hrs.

48

Wager

50

Earns with great effort

51

Halt

52

U.K. channel

53

Team cheer

54

Rockies grazer

55

Louvre Pyramid designer

56

Limb

DOWN

1

Squashed

2

Attribute

3

Tux adjuster

4

Hodges and Gerard

5

Grand poem

6

Freed

7

Drunkard

8

Fuel ingredient

9

Hot tomatoes?

Two Dudes

A College Girl Named Joe

HARD KNOCKS

E	S	T		P		S	K	I	M	P		S	E	S	T		C	H	E	S	T	
C	E	S		S	E	O		A	L	E	R	O		V		S		B	A	R	E	S
N	E	I		T	A	P	A	T	H	E		K	E		B	R	O		B			
V	N	N	E	S				O	S			V	E	R	O							
B	E	V		B		H	I	A	V	A		B	E	T	E							
I	S		W	E	R							S	N	N	I							
G	S		T									A	D	R	E	M						
			S	E	T							N	A	T	E	S						
			T	R	I	H	S					N	O	I	S							
			I	S	E	T						A	T									
			C	I	T	O						E	D	O	N	A						
			R	T	S							S	N	U	N	A						
												D	N	E	W							
												S	A	T								
												S	N	A								
												H	E	B	E							
												T	D	E	T							
												I	D	I	O							
												A	V	A								
												B	O	R	G	E						

Wednesday's Puzzle Solved

PAUL

BY BILLY O'KEEFE

WWW.MRBILLY.COM

2nd Floor, Rebecca Stafford Student Center • Office of Student Activities and Student Center Operations • 732-571-3586

GET INVOLVED!

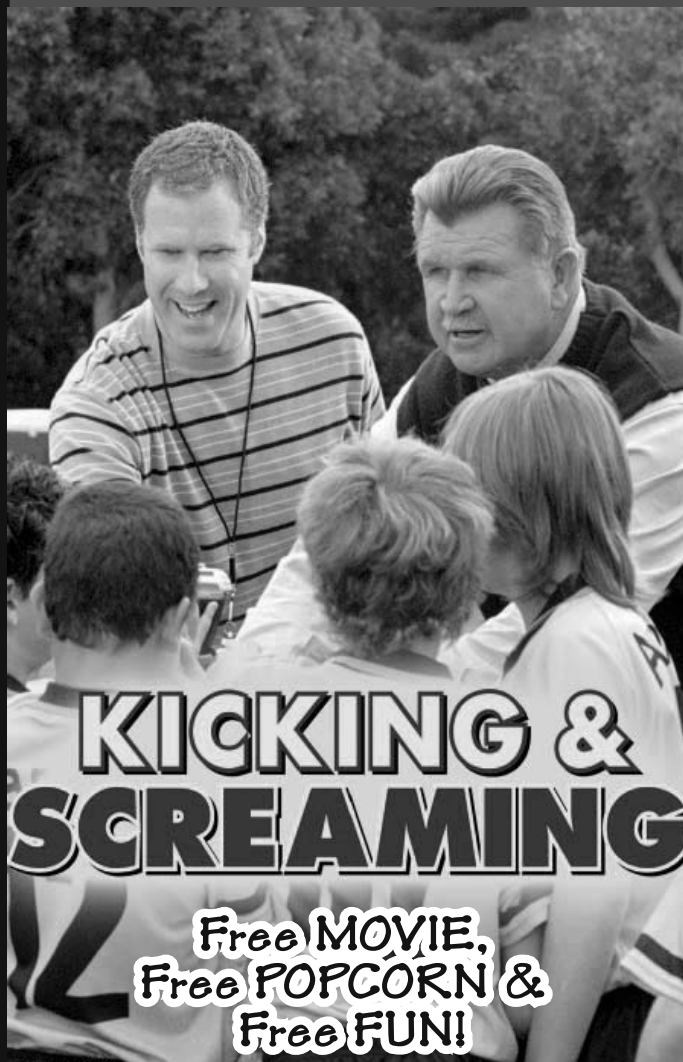
emerging leaders program

6 WEEKS * tuesday's * 2:30 PM * WORKSHOPS * FUN!

come on down! Looking for upcoming student leaders that want to enhance their leadership skills. Perfect for younger student club members and our future leaders. 6 week program begins Sept. 20 and ends Oct. 25. Applications available in the Office of Student Activities. Applications DUE Monday, September 12.

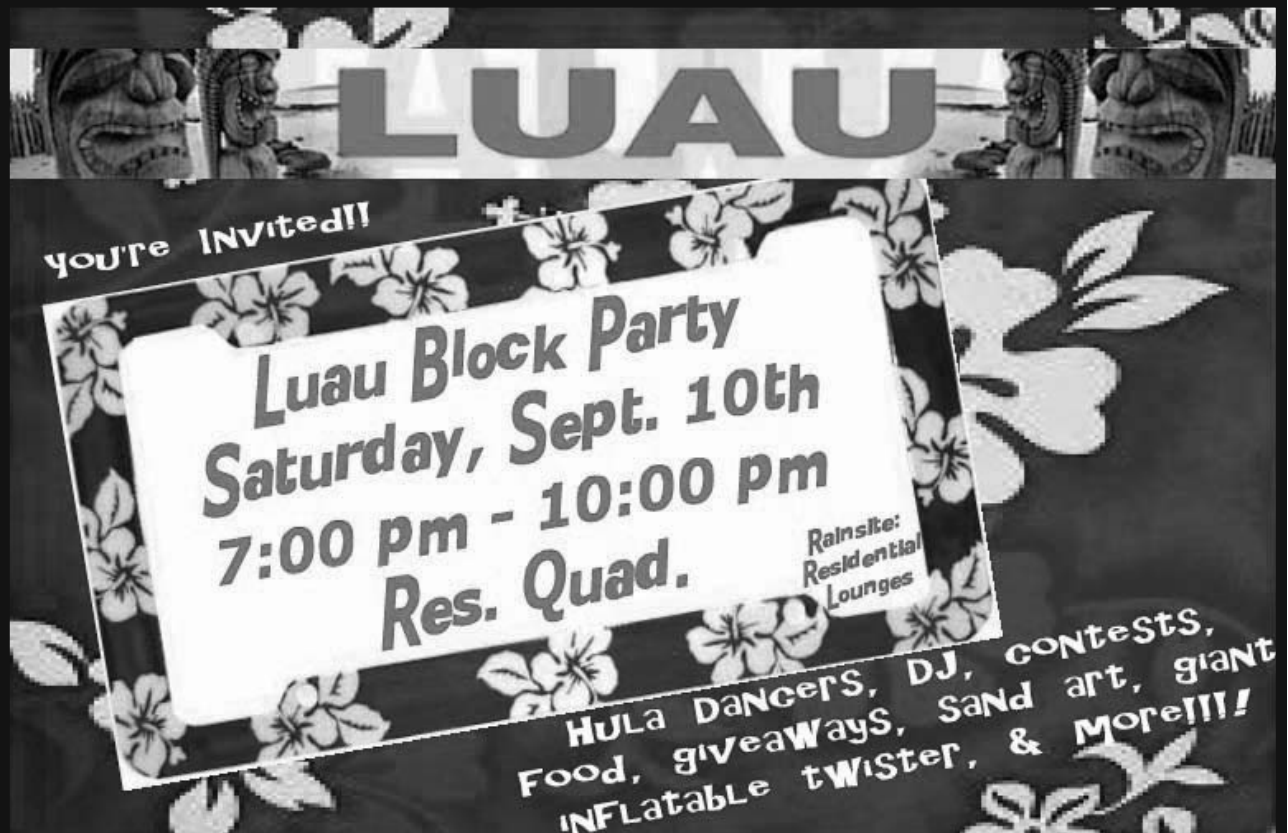
Weekly Film Series
Friday, September 8 (sponsored by SAB)
8:00 PM, Great Lawn

Saturday, September 9
3:00 PM & 9:00 PM, Young Aud. (Bey Hall)



KICKING & SCREAMING

Free MOVIE,
Free POPCORN &
Free FUN!



LUAU

you're invited!!

Luau Block Party
Saturday, Sept. 10th
7:00 pm - 10:00 pm
Res. Quad.

Rainsite:
Residential
Lounges

HULA DANCERS, DJ, CONTESTS,
Food, giveaways, sand art, giant
INFLATABLE TWISTER, & MORE!!!

UPCOMING EVENTS

- Wednesday, September 7
Outdoor Fit Show featuring BROADBANNED
2:30 PM, Rebecca Stafford Student Center Fit
- Foster Sale
9:00 AM-5:00 PM, Erlanger Gardens (Rainsite - RSSC Cafeteria)
- Thursday, September 8
Foster Sale
9:00 AM-5:00 PM, Erlanger Gardens (Rainsite - RSSC Cafeteria)
- Federal Work-Study Job Fair
1:30 PM, Anacon Hall, Rebecca Stafford Student Center
- Thursday Night Alternative (TNA)
10:00 PM, Oakwood Lounge
- Friday, September 9
Outdoor Movie - KICKING AND SCREAMING
800 PM, Great Lawn (Rainsite - RSSC Anacon Hall)
- Saturday, September 10
Weekend Movie Series - KICKING AND SCREAMING
3:00 PM & 9:00 PM, Young Auditorium, Bey Hall
- Luau Block Party
7:00 PM, Residential Quad
- Men's Soccer vs. Fordham University
1:00 PM, Great Lawn
- Sunday, September 11
Red Bank Shuttles
Depart @ 12PM, 1PM, 2PM, & 3PM from the Health Center Loop
- Monmouth Mall Shuttles
Depart @ 1PM, 2PM, 3PM, & 4PM from the Health Center Loop
- Men's Soccer vs. Manhattan College
1:00 PM, Great Lawn
- 9/11 Vigil
7:00 PM, Residential Quad
- Monday, September 12
Coffeehouse Band featuring CAUSEWAY
7:00 PM, Java City Cafe
- Tuesday, September 13
Field Hockey vs. La Salle University
4:00 PM
- Wednesday, September 14
Outdoor Fit Shoe featuring OVAL OPUS
3:00 PM, Rebecca Stafford Student Center Fit

CHECK HERE EVERY
WEEK FOR GREAT
EVENTS COMING
YOUR WAY.

Student Involvement Fair

for the wellrounded student experience

Wednesday,
September 21
2:30- 4:00 PM

Outside the Rebecca
Stafford Student Center

Be There or Be SQUARE

Brought to you by the Office of Student Activities and Student Center Operations. Stop by our office for any questions or to learn how to get involved on campus. We are located on the 2nd Floor of the Rebecca Stafford Student Center or by phone @ 732-571-3586.

Out with the old, in with the new

ERIN LUCAS
CONTRIBUTING WRITER

If there's one thing we could be certain of in today's world it would be change and the constant adjusting of everyday life. Everywhere around the world people experience change, sometimes suddenly and without warning, sometimes without permission, and are then left to deal with their situation in their own ways. I remember receiving my acceptance letter to Monmouth and feeling a growing excitement in my stomach along with an edge of anxiousness as my summer drew to an end. Here it was, my ticket to independence, finally. Never again would I mutter the words "I can't wait to get out of here." Making my own rules and being in charge of my own life would no longer be a fantasy. Then, as with most things in life, reality hit and I realized how drastically my life would be changing overnight. Suddenly, I found myself packing up eighteen years of memories into just a few brown boxes and of course the classic Yaffa crates. Good-byes became an almost every day occurrence the last week of summer. I said good-bye to my friends who I grew up with, friends who knew everything about me, friends who I saw everyday of my life. Now they would be friends who a phone call would have to suffice the distance between us, friends who I now had to make an effort with in order for the change not only in location, but in the two completely different worlds we lived in not to overcome us. I accompanied my boyfriend at the time to the airport after spending an amazing and unforgettable summer together to send him off to experience something he had wanted so badly and finally achieved. What can you do but hug and kiss someone as hard as you possibly could; not knowing how the distance would affect your

relationship in the months to come, no matter how many promises are made. It's a thought you cannot avoid, no matter how proud or excited you are for him to be fulfilling his dreams.

When your security blanket is taken from you bit by bit, it is only normal to try to grab onto anything that comes your way and make the absolute best of it. I believe that almost every freshman felt that way on move in day. Yet, I consider moving into Cedar Hall one of the most amazing things that could have ever happened to me. Meeting a building full of people who to this day maintain a best friend status with me was one of the most memorable and exciting experiences of my life. When I think back to that year, there is a constant reel of images that turn in my mind; laughter, tears, all nighters, heartbreak, doors full of opportunity, and stacks of memories that will never, ever be erased. Living in such close quarters with people in some ways forces you to open up a bit quicker than you'd like or causes you to bite your tongue until it bleeds. You're introduced to several new opinions, new perspectives, new personalities, and no matter how sheltered you may have been before, now you realize that sometimes there is just no place to take cover.

Being away from home becomes somewhat overwhelming because there are so many choices and decisions you must make, and you soon realize along with the independence comes consequences that you, and only you, must deal with. Only then, will you stop and wish that you hadn't taken your parents support and yes, even their rules, for granted.

While gallivanting through your first year at Monmouth and trying to avoid the famous freshman fifteen, there comes a point when you realize that no matter how hard you try, there are things you can't grasp

as tightly as you used to. Balancing your life at school and back home will without a doubt be an ongoing battle, and will take much patience and practice. There are numerous amounts of things that the friends you make at school will not understand, at least not like the ones from back home and vice versa. Friends from home may wonder why your phone calls are sometimes far and few between, while friends from school realize that together, you are all trying to make a place for each other in this new world you've been thrown into. At home, my friends would walk through my door without knocking, kick off their shoes, and turn the TV on as if it was their own home. My goal was to eventually become comfortable enough with my new friends until they could do the same.

Your boyfriend or girlfriend at home may wonder why you need a break after years of history together. Your friends at school support you, understanding that constantly meeting new people forces you to open up and spread your wings for the first time. To me, there was always some sort of unspoken understanding between my roommates and I. Whether one of us did something out of character, had a bad breakup, problems at home, stayed up partying all night for the hell of it, or just simply needed to vent our frustrations, it was accepted, and we did everything in our power to help each other out. We were letting each other grow separately, while at the same time together. While some friendships stayed strong, others faded, but were and still are a big part of my becoming the person I am today.

Don't worry though; I promise each and every one of you will find the balance between these two worlds. As time goes on both sets of friends will meet and you'll eventually start to see the light at the end of the tunnel. You'll see clearly who your true friends are and those are the ones that neither time nor distance could separate the bond you and your friends have created. When that time comes, your going to realize that although most of the time things change and friendships fade, there will always be

a few things that stay true. For me, it's my hometown diner that is constantly hosting high school reunions during the wee hours of the morning. Then there is the same road I've driven on a million times to get to my best friends house. At school I could count on never having to go through anything along. Whether it being something serious dealing with family or school or something

downright silly like drinking for no reason or staying up all night, I know I'll always have a sidekick to do it with.

As the year pass and the summers come and go, you'll eventually get used to packing up one room and unpacking into another one; and somewhere in between it all, you will somehow find the strength and conviction to adjust to both worlds, I promise.

Next week in Features...

Eight Steps to Getting Your Dorm Room in Shape

Different Ways to Decorate a Dorm

Hottest New Dorm Decor



PLEASE TELL ME YOU AREN'T MY ROOMMATE.

WWW.CARTOONSTOCK.COM

There's no place like the dorm.

LISA PIKAARD
CONTRIBUTING WRITER

Life in a dorm room is different for everyone! For first year students, there is a lot you should know about living in a dorm. There are some definite pluses to communal living as well as a few negatives. Dorm life is the easiest way to meet new people and make a great group of friends! Not everyone is entirely outgoing, but as long as you leave your door open, people are bound to stop in and say hi! If you are one of the outgoing people, go for a walk and introduce yourself! You're going to be living with these people all year so get to know them early! Freshmen actually have it the easiest! Being with a group of freshmen, everyone is in the same situation as you! No one knows anyone except maybe their roommates and they all want to get to know people too! Go next door; ask your neighbors if they want to go to dinner or to the bookstore! Don't worry; everyone in your building is new and anxious to get a solid group of friends, just like you! I was a transfer student last year and so I was put in a freshman dorm and instantly I was upset about that because I was going to be a sophomore. Honestly, it was the best thing for me because no one knew anyone which would not have been the case in an upperclassmen dorm so I was lucky enough to meet a whole group of people who didn't know anyone either. What my friends and I always say is, "You don't go to college to meet your future husband, you go to meet your bridesmaids!" Guys,

keep your door open as well! If you enjoy video games or sports and you're watching or playing a game, invite your neighbors over!

There are a few negatives to living in a dorm such as community showers that you wear shoes in, and the fact that you need your key to get into any room in the building, also, if you never lived with friends before, it takes some getting used to but don't worry, you will adjust quickly. My advice to you is, go to the bookstore and buy an id holder and put your id and keys together. Take them everywhere with you! You're going to need your student number a lot and you will need your keys to get into your dorm building, your room, and the bathrooms! Living in a dorm room can be hard and wearing on you if you have never lived with anyone before. Get to know your roommates schedule and be considerate of them and they will be considerate in return. Although it sounds tedious, make up a contract or atleast a verbal agreement of rules to stick to in your room. If you have an early class one day, make sure your roommate knows about it. Also, you and your roommate may have different music and television preferences. Discuss them and be courteous. If you have any problems with neighbors being too loud or you are having issues with anyone in your building, do not be afraid to talk to your RA's. It's their job to assist you and make sure everything in the building is copasetic. If you are respectful of those around you, it is bound to be a good year!

HOW WOULD YOU LIKE TO SHOW YOUR ROOM TO PROSPECTIVE MONMOUTH STUDENTS?!

The Office of Undergraduate Admission has the perfect job for YOU!



SIGN UP TODAY TO BE A UNIVERSITY ROOM AMBASSADOR!

- **SHOW YOUR ROOM TO POTENTIAL STUDENTS AND THEIR FAMILIES**
- **SHARE YOUR EXPERIENCE AS A RESIDENT STUDENT**

**For more information contact
Andre Richburg, Assistant Director
in the Office of Undergraduate Admission at
732-263-5882 or
arichbur@monmouth.edu**

Back to School Quiz

COURTNEY MUIR
STAFF WRITER

Do you suffer from back-to-school anxiety?

For most students, getting back into the school mode can be a bit stressful, especially if the whole college experience is new to you. It's important to remember to keep yourself in tact and try to avoid back to school anxiety. Take the following quiz to find out if you are overanxious about returning to school.

1. It's the first week back and you discover that you and your new roommate are as different as night and day. You handle it by:
 - a) Becoming very on edge, worrying that your roommate isn't going to like you.
 - b) Talking to your roommate to find some common ground.
 - c) Dismiss it. This is who you are and they are going to have to deal with it.
2. It is your first big test of the semester in one of your hardest classes. You:
 - a) Study over and over until your head hurts, and still lose sleep over it the night before.
 - b) Try to manage your time so that you can study, and still have time to go back later to make sure you understand the material.
 - c) Figure you'll get to studying whenever you have the time, as long as parties don't get into the way.
3. You find it hard to really meet people. You:
 - a) Start to feel restless that you'll never fit in anywhere.
 - b) Get more involved with the school so you can meet a more diverse group of people.
 - c) If you meet people you do and if you don't you don't.
4. Your first major paper is due. You already have completed your paper, so the night before you:
 - a) Continue to check and recheck your paper until the words begin to merge into one.
 - b) Check it only a few times for simple errors and then leave it as is.
 - c) Don't bother to check it all, they are lucky you actually got the paper done on time.
5. After spending a few hours on homework, you begin to feel like the workload is never going to end. You:
 - a) Will start to get dizzy or develop a headache from being so overwhelmed.
 - b) May be a little restless but knowing it will soon all be out of the way keeps you going.
 - c) You, do homework?? (yeah, right!)

Mostly A's

You need to calm down a little bit. Sure, school can be stressful, but it shouldn't take over your life. The best way to prevent anxiety is to stop or reduce your consumption of caffeine, tea, soda, and chocolate. Sticking mostly to a healthy diet will prevent added anxiety. Physical activity will also calm your nerves immediately. Something as simple as walking for ten minutes can trigger the release of feel-good endorphins that will ease tension from the muscles, can diminish sleep abnormalities, reduce levels of stress hormones, and even increase the body temperature for a calming effect. If you still tend to feel overstressed, try cognitive behavioral therapy. This is a process of changing your thoughts and behavioral patterns that cause anxiety and teaching yourself to look at certain situations more realistically.

Mostly B's

You seem to have the perfect balance, not only do you manage your time well enough to keep everything from getting too out of hand, but you also realize that if something goes wrong it isn't the end of the world. Be sure to keep this mind-set and not only will you do well in school, but you also allow yourself a decent social life.

Mostly C's

Granted, certain things aren't worth stressing about. But you don't seem to care much about anything, which isn't healthy either. It is important to challenge yourself and make an effort. Realistically for what it cost to go to college, you should get your money's worth.

Information source: Kristin Vickers-Douglas, Ph.D., a psychologist at the Mayo Clinic

Back to school checklist

- Required text books
- Notebooks
- Folders
- Planner
- Writing utensils (i.e. pens, pencils, sharpies, markers, etc.)
- Calculator
- Computer
- Calendar
- Index cards
- Stapler
- Mini stapler (to fit in your bag since you may need to staple a paper in class)
- Hole puncher
- White Out
- Floppy disks
- Scotch Tape

- Fun Tack (for hanging things in your dorm room like daily reminders)
- Paper Clips (to keep papers organized)
- Highlighters
- Scissors
- Ruler (you never know when you may need to measure something)
- Alarm Clock
- Back pack or carrying bag
- Tape recorder (to tape lectures to help you study)
- Book light or bedside lamp (for late night studying and reading)
- Post-it notes
- Student ID (if you don't already have one)

Hawks now play on Turf



Turf Field expected to be finished by September 10.

Turf continued from pg. 1

better when playing against other schools who have turf.”
“It gives the athletics department more versatility in using the minimum amount of space available for games and practices,” said Stapleton.
Dr. McNeil firmly believes the field will be beneficial to athletes as its surface is very forgiving and injuries will not be as prevalent. In addition, it will always be

available for use as there will be no painting and mowing going on between games. It is expected to be finished by September 10th. The field puts Monmouth in the same tier as many other universities who can boast such an impressive facility.
“Everyone we are competing with and the bigger schools have this kind of field,” said Dr. McNeil. “We are ‘keeping up with the Jones’ but in a good way, as this is a good purchase.”

The Office of Affirmative Action, Human Relations and Compliance welcomes all new and returning students. Monmouth University provides equal opportunity to all students and employees.

Our office monitors the University’s compliance with laws and regulations regarding Affirmative Action and Equal Opportunity. Employees and students have a right not to be discriminated against because of race, color, religion, national origin, ancestry, age, gender, marital status, affectional or sexual orientation, atypical hereditary cellular or blood trait, liability for service in the Armed Forces of the United States, disability, or status as a disabled veteran of the Vietnam era.

Our web site can be found at <http://www.monmouth.edu/resources/hr/aaction.asp>.
A copy of the procedure for filing complaints of discrimination/sexual harassment can be obtained at our office or <http://www.monmouth.edu/resources/hr/aaction/harasspolicy.asp>.

Any member of the Monmouth University community may report incidents of discrimination/sexual harassment to the offices listed below.

Mr. Raymond Rodriguez Director of Affirmative Action, Human Relations and Compliance	Wilson Hall Room 304 (732) 571-7577
Mrs. Patricia Swannack Vice President for Administrative Services	Facilities Management (732) 571-3546
Mrs. Mary Anne Nagy Vice President for Student Services	Student Center Room 207 (732) 571-3416
Dr. Thomas Pearson Provost/Vice President for Academic Affairs	Wilson Hall Room 211 (732) 571-3405

Red Bank, catering to the college lifestyle and more

ALISON MCSHERRY
Staff Writer

It is not unusually to hear groans of “there’s nothing to do around here” escaping the lips of students at MU. Students seem to be in a perpetually bored state, but perhaps this is because they aren’t taking all of their options into account when planning an evening out.
The small but trendy town of Red Bank is only a few short minutes down route 35 and offers a plethora of activities. This hamlet has been written up in many regional travel magazines and is viewed as an ideal weekend spot during the spring and summer seasons. For those who are unfamiliar, here’s a taste of what the town has to offer.

• Clearview Cinemas (located off of Broad Street at 11 White Street)
This two screen movie theater is one of the best things in Red Bank. It shows mostly independent movies such as *The Secret Lives of Dentists* and *Swimming Pool*, but once in a while it will pick up a major release such as *Le Divorce* or *Seabiscuit*. The theater is student friendly Monday through Thursday, offering discount tickets to those with college or high school identification. Another highlight of the theater is the Red Bank Film Festival which takes place every summer and showcases several days of independent and experimental films. For movie times call 732-777-FILM.

• Chubby’s (located at 26 West Front Street)
This lively bar fills up fast on the weekends. Featuring a stage, a pool table, and a lot of room to move around, Chubby’s is host to all sorts of bands and crowds. It is one of the only bars in the Red Bank area with an 18 to enter policy. Thursday night’s offer hip-hop and club music where it is not unusual to see girls dancing on

the bar. Call ahead (732-741-3637) to check if there’s a cover for the evening and what the nightly drink specials are.

• Improv Jam (located at the Phoenix Theater on Monmouth Street)
Improv Jam is one of the few things to do in Red Bank after 10:00 p.m. It consists of a stage, a prop box, and four performers. For \$8.50, an audience of anywhere from thirty to one hundred people get to partake in improvisational comedy for an hour and a half. The crowd is usually a mixture of juniors and seniors in high school as well as college aged students, all of whom are asked for suggestions and help with each sketch. Performances start at 11:30 p.m. on Friday and Saturday nights, but get there at 11:00 if you want a good seat. For more info go to improvjam.com

• The Internet Café (located at 1 West Front Street)
This spacious coffee shop has transformed into a center for the local arts in the last five years. Patrons have the option of paying to use the computers to check their e-mail and the like, or to simply buy a cup of joe and relax. The computers are available to the public at a price of \$8.00 for an hour, \$5.00 for thirty minutes, and \$.25 per printed page. Sunday nights are open mike night. Everyone from folk singers to poets drop by to share their talent with the crowd. Call 732-842-4503 or go to icafenj.com to get a schedule of other performers and events.

• The Melting Pot (located in The Galleria on West Front Street)
This fun fondue restaurant has been all the rage in Red Bank since it open less than a year ago. Featuring dozens of tables and a full service bar, the Melting Pot is packed almost every night of the week. Noted especially for their scrumptious chocolate desserts,

the restaurant serves four course meals that will not leave anyone hungry. An entire meal can get pricey, but stopping in for desert is economical and delicious. Ideal for both an intimate date and a large party, the Melting Pot is fun for everyone. Call 732-219-0090 for reservations.

• Coco Pari (located at 17 Broad Street)
In the heart of downtown Red Bank, CoCo Pari draws shoppers in with its large display windows, often featuring trendy dresses and dozens of shoes. The racks are filled with the works of Chloe, Juicy Couture, and D & G. The Red Bank location also houses Wisteria, a high-end cosmetic and fragrance boutique. Kimberly Landau, the boutique’s owner travels the globe in search of clothing to fill the stored racks. With products ranging from shoes, to bathing suits, to evening dresses, the store attracts a wide array of clientele.

• The Bistro at Red Bank (located at 14 Broad Street)
This classic Italian eatery is always a hot spot at dinner time. It’s loud, yet cozy atmosphere draws a mixed crowd who all come to enjoy linguine, penne, and the like. The restaurant is dimly lit with strands of white light along either wall, creating a romantic dining area. During spring and summer outdoor seating is available, providing an ideal location for people watching. One of the best kept secrets of the Bistro is the sushi bar in the back, where one can get a wide variety of this Asian treat. For reservations and questions call 732-530-5553.

Next time you’re bored grab a few of your friends and hop onto route 35 north, in a few short moments you’ll arrive in Red Bank. From bars to comedy to food, there’s enough here to keep anyone busy for an evening.

On-Campus Employment-Federal Work Study Job Fair

Federal Work-Study Students have the opportunity to meet and interview with over 70 employers on September 8th in Anacon Hall in the Student Center. The job fair will be held from 1:30 – 4:00 PM.

Thereafter, all Federal Work-Study students may make an appointment to look for a job with the Assistant Director of Placement for Student Employment in the Life & Career Advising Center. Student help students may fill out an application card for the waiting list beginning the first day of classes, September 6. Jobs may open up to Student Help after all Federal Work Study appointments have been seen.

A reminder to all students and supervisors: no student can begin working without the proper paperwork and filing a FAFSA (Free Application for Federal Student Aid) for the new academic year!

The Student Employment Office has open hours for students to complete and update all paperwork. Tentative open hours are: Monday 9:00 – 11:00, Tuesday 12:00 – 1:00, Wednesday 2:30 – 4:15 (except 9/14), Thursday 2:00 – 4:00 (except 9/8), and Fridays 11:15 – 12:30.

As always, if the hours are inconvenient an appointment can be made by calling 571-3471.

Welcome to the Social Work Department at Monmouth University!

You will hear this said many times over the next few months, and we truly mean it! You are about to begin an intense, but exciting experience as you pursue your Social Work degree.

Our program is intense because we have created a degree which should thoroughly prepare you for professional social work practice. We expect you to read, to discuss your thoughts, to analyze problems and situations, and to be creative and flexible in your work with clients, families, and communities.

Our program is exciting because this Fall, we will host a site visitor team from the Council on Social Work Education. Both our MSW and BSW programs are up for reaccreditation, and you will have the opportunity to meet with the site team and talk to them about your experiences. It is also an exciting time for several other reasons:

- we have hired three new full-time faculty: Dr. Carolyn Bradley, Dr. Rosemary Barbera and Dr. Tina Maschi. All our faculty are committed to providing you with a great learning experience and with mentorship as you develop your professional self;

- we are beginning a collaboration with Drew University School of Theology, where we can offer a MSW/MDiv dual degree;
- we continually add new field internship opportunities to our program, both with the state of New Jersey, as well as field internship opportunities overseas (in Latvia, Bangladesh, Ghana, Canada, and Mexico);
- we are starting a series of student workshops on Tuesday afternoons that will directly benefit students and their learning within the department.

This will not be the first, or the last time you will hear about what we are doing in the Department. There will be many opportunities for you to express your ideas, your feelings, and your opinions – we welcome and encourage your input.

Once again, welcome – we look forward to meeting all of you in September!

Sincerely,

Robin Sakina Mama, Ph.D.
Chair, MSW Program Director
Associate Professor

SERVICE LEARNING AND COMMUNITY PROGRAMS

Contact: Marilyn Ward, LCAC 732-571-4411

Dear Students,

Welcome back! We hope you get off to a great start and there's no better way to meet people, have fun, and learn about careers than volunteering. The office of Service Learning and Community Programs is now located on the third floor of the Rebecca Stafford Student Center. Please stop by or call (732-571-4411) to find out how you can get involved in the community. Whatever your schedule, whatever your interests, the right volunteer opportunity is waiting for you.

YOU CAN HELP IN SO MANY WAYS:

One-time Activities:

- A special arts and crafts or sports activity for a Girl Scout Troop
- Food Drives for the St. Vincent DePaul Society
- Construction for Habitat for Humanity
- Pop-Top Tab Collection for Ronald McDonald House

Special Projects:

Arrange a project or activity for your floor or your organization:

- Supporting the relief efforts for victims of Hurricane Katrina
- A pen pal program with an elementary school class
- Fundraising for the SPCA
- Adopting a needy or homeless family for the holidays
- Volunteering at a soup kitchen
- Making a "no sew" blanket for a child in a hospital or homeless shelter

****Please note that volunteering does not meet the Experiential Education requirement.

Counseling and Psychological Services

The Office of Counseling and Psychological Services welcomes you to Monmouth University. The office is located on the first floor of the Rebecca Stafford Student Center, within the LCAC. Counseling services offers free, confidential counseling to students on a "first-come, first-serve" basis. The staff of licensed psychological counselors provides support to students faced with various mental health issues such as depression, anxiety, panic, family issues, relationship concerns, abuse, eating disorders, poor academic performance, and assistance during any mental health crisis.

The staff coordinates programs in both the fall and spring semesters on

a number of mental health topics, often featuring outside speakers who are invited to address student groups. The fall 2005 program begins with "A Few Good Men," a "for men only" program on September 20th on violence among men and toward women. On September 27th, Karen Gillespie of 180 Turning Lives Around will present a program on relationship abuse. October 6th is National Depression Screening Day, when students can participate in a screening for depression and other mood disorders. On October 26th students are invited to attend a program on suicide prevention featuring Elliot Katz of the Traumatic Loss Coalition for Youth in Monmouth County. Our "Film and Discussion" on November 15th features "Ordinary People" and will continue to focus on suicide prevention with an open discussion following the film. In an effort to help students relax

and focus before final exams, the "De-Stress Fest" on December 7th offers a few minutes of relaxation with prizes, food and massage to those in attendance.

A current copy of the fall program schedule and information about psychological services and mental health issues in general can be located at the Counseling and Psychological Services website. After entering the Monmouth University homepage, click on "LCAC" and then "Counseling and Psychological Services." For free literature on numerous mental health topics, stop by and take a look at our self-help brochures.

Students interested in meeting with a counselor may stop by or call the office at 732-571-7517 to schedule an appointment, or they can contact us at mucounseling@monmouth.edu and we will reply promptly.

The Writing Center
A Valuable Resource on Campus

Monmouth University's Writing Center serves as a campus resource for graduate and undergraduate students who want to develop proficient writing skills. Tutoring is available for students in all undergraduate and graduate courses that involve writing.

- Students in Introductory Composition courses work with tutors who have taken or taught these courses.
- Students in General Education Literature courses work exclusively with faculty tutors who have taught the courses or are currently teaching the courses.
- Students in Writing Intensive courses in their majors can work with peer and professional tutors from a variety of backgrounds and disciplines.
- Language Minority students (those for whom English is a second language) can work with tutors

who are trained in tutoring LM/ESL students.

- All other undergraduate and graduate students can receive help to improve their writing.

Our staff identifies each student's particular needs and matches him or her with a tutor who will meet those needs. Students work with trained tutors on a one-to-one basis whenever possible, and some may work with a different tutor at each appointment or with one tutor consistently.

Writing Center tutors include undergraduate and graduate students, professionals, and faculty members, all from a variety of backgrounds and disciplines. All tutors go through an extensive training process and are assisted by tutor mentors during their first semester of work.

In addition to coursework, the Writing Center also offers help with:

- Personal statements for graduate school/job Applications
- Resumes
- Cover letters
- Documentation styles

The Writing Center also has a computer lab where students can work on their papers with their tutors and then print out their finished work at the end of each session. Although the Writing Center occasionally accommodates walk-ins, students are strongly encouraged to make appointments in advance by telephone (732-571-7542) or in person. For more information, please contact Jeanne Szumera, Secretary or Jane DeTullio, Coordinator of the Writing Center.

The Writing Center is located in the 700 Building, between the Rebecca Stafford Student Center and the Boylan Gymnasium. Our e-mail address is writingcenter@monmouth.edu Hours for the fall 2005 semester are: Monday & Wednesday: 8:30 am-5:45 pm, Tuesday & Thursday: 8:30 am-7:15 pm, Friday: 8:30 am-3:45 pm.

Visit our website for more information <http://www.monmouth.edu/student/support/skills/writing.asp>

Important Announcement
from
THE OFFICE OF REGISTRATION AND RECORDS

January 2006
Potential Graduates

Undergraduate and Graduate Students who plan to complete their degree in January 2006, must officially apply for graduation no later than Friday, September 30th, 2005. Applications are available in the Registrar's Office or you may download the form off the Monmouth Web Site (www.monmouth.edu/academics/registrar/forms).

After this date, the Registrar's Office cannot guarantee a timely graduation. Any questions, call 732-571-3477.



Please join us every week!

Weekly Mass Men's & Women's
Every Sunday 7pm Bible Study
Every Wednesday 1:10pm Every Wednesday 8pm

Understanding your ASL
Faith Series (American Sign Language)
3rd Tuesday of Every Class Every Thursday
Month 7pm 7:30pm

Stump the Priest Night
October 18th 7pm,
Magill Commons

www.mucatholic.org

Watch for our special events during the semester!

Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue
Gate to our house is located in the rear corner of Lot 4, next to the
Health Center.

Call us at 732-229-9300

PARKING REMINDER

- ALL STUDENTS MUST REGISTER THEIR VEHICLES WITH THE UNIVERSITY POLICE DEPARTMENT.
- VEHICLES AUTHORIZED TO PARK ON CAMPUS MUST PARK IN ASSIGNED LOTS ONLY.
- ASSIGNED DECALS MUST BE PERMANENTLY AFFIXED AND PROPERLY DISPLAYED ON VEHICLES.
- DECALS ARE NOT TRANSFERABLE.
- PARKING RESTRICTIONS ARE RELAXED FROM 4PM FRIDAY TO 4PM SUNDAY.
- THE TRAFFIC OFFICE IS LOCATED AT POLICE HEADQUARTERS ON THE CORNER OF CEDAR AND NORWOOD AVENUES. BUSINESS HOURS ARE MONDAY – FRIDAY, 8AM – 4PM.

ID CENTER HOURS FOR SEPTEMBER Lower Level, Student Center

	Monday	Tuesday	Wednesday	Thursday	Friday
9/5 – 9/9:	Closed	10AM-3PM 5PM-8PM	12N-8PM	10AM-3PM 5PM-8PM	10AM-1PM
9/12 – 9/16:	9AM-2PM 5PM-8PM	10AM-3PM	12N-7PM	10AM-3PM	10AM-1PM
9/19 – 9/23:	Closed	10AM-3PM	12N-7PM	10AM-3PM	10AM-1PM
9/26 – 9/30:	Closed	10AM-3PM	12N-7PM	10AM-3PM	10AM-1PM

New at your Library

Welcome back students! The library now has a new entrance. The magnificent renovations of the Guggenheim mansion are complete and patrons can now enter the library from the west belvedere of the Guggenheim mansion. A walkway from the library parking lot takes you up the steps to the entrance. Stop by to see the architectural details which have been carefully restored in the 1905 mansion. This area of the library will serve primarily as office space, study areas and will house special collections.

In response to the Spring library survey, library hours have been adjusted. We are now open earlier weekdays and on Sunday. Our new hours:

Sunday	noon – midnight
Monday – Thursday	8am – midnight
Friday	8am – 6pm
Saturday	9am – 5pm

Other changes in the library include upgrades of the computers in the information commons and a new instructional lab. We are currently awaiting the arrival of new furniture which will also improve study areas.

This year, during the final phase of the library construction project, some of our book and journal collection has been moved to an offsite storage location. However, we now subscribe to 100 electronic resources providing anytime/ anywhere access to e-journals and e-books. Please stop by the reference desk to get acquainted with some of these new resources which are accessible from the library catalog and research databases website.

Thank you for the feedback you provided in our survey and we will continue to strive for improvements in library services and facilities. Please continue to let us know how we can serve you better.

Monmouth University Library
<http://library.monmouth.edu/>
(732) 571-3450



You can find Monmouth’s
New Learning
Management
System at

<http://eCampus.monmouth.edu>

Logon with your
Hawkmail
Username and
Password

Substance Awareness Department

College can be a stressful time for some and healthy decisions may be difficult to make. Monmouth University realizes this and offers a wide variety of resources to assist students. The Office of Substance Awareness is designed to assist students with issues related to alcohol and other drugs.

Free, Confidential Services Include:

- Alcohol/Drug Assessment and Referrals- Students can make private appointments with the Substance Awareness Coordinator for an assessment. If you or someone you know is struggling with these issues, talking about it is a great first step. You can explore options and ideas in a safe setting. We can provide you with information regarding available counseling services.
- 12- Step Support Group Information - Come on by for a full updated list for groups, such as, Alcoholics Anonymous, Narcotics Anonymous, Nicotine Anonymous, and Al-Anon (for those living with an alcoholic in their life).
- Free Information & Resources- Stop by for a variety of health related pamphlets on alcohol and drug abuse, nicotine, and drug facilitated sexual assault. Even if you need information to show a friend you care or you need information for a school paper, we can help you.

Substance Awareness Program Events and Groups are also coordinated to encourage responsible, healthy decision for our students.

- Student Group (SIPs) - This is a great way to meet new people, be a part of the campus community, plan and organize fun activities and advocate a healthy and safe campus environment. This looks great on a resume or if you are in any social service, education, or psychology major! Look for us at Involvement Day on September 21, 2005.
- Thursday Night Alternatives (TNA)- In conjunction with Residential Life, alcohol free social activities are planned monthly at Oakwood Hall 10pm-Midnight. Be there on September 8, 2005! Look for TNA on the first Thursday of each month.
- Campus Events- The Office of Substance Awareness will host events, such as a Health Fair, Homecoming Tailgating Party, “Exam Breaks”, and Alcohol Awareness Week Activities.

All students are encouraged to contact us if we can be of any assistance.
Office of Substance Awareness, Health Center
Suanne Schaad, MA, LCADC
Phone: 732-263-5804
Email:sschaad@monmouth.edu



THE END ZONE



Monmouth Quarterback Brian Boland leads a powerful Hawk offense into 2005. The NEC first-team preseason selection is armed with many experienced weapons at the skilled positions this year.

Hawks take aim at third consecutive NEC title

ED OCCHIPINTI
SPORTS EDITOR

The Monmouth University Hawks football team has won the Northeast Conference championship and ten games in each of the last two seasons, and they show no signs of slowing down in 2005.

Armed with an experienced, potent offense and a stifling veteran defense, the Blue and White returns six all-NEC players from last year's team, which captured the Sports Network Division I-AA Mid-Major National Championship, the first national title for any sport in school history.

The offense is led by preseason all-conference quarterback selection and Co-captain Brian Boland. Coming off one of the finest seasons experienced by a recent Hawks signal-caller, Boland's passer efficiency rating of 136.7 is second best in school history. The junior completed 56 percent of his passes for 1,643 yards, 12 touchdowns and only six interceptions. His main target is senior wideout Miles Austin.

Last season, Austin snagged 47 passes for 859 yards and nine touchdowns. A very versatile player, he also ran the ball five times for 86 yards and a score, and completed his only two pass attempts for 92 yards. He is complemented by senior Mike McClelland on the outside and junior Adam San Miguel in the slot. Senior Brendan Kennedy is making the move this season from quarterback to wide receiver, and his athletic 6-foot 5 frame should

take pressure off of Austin and relieve the double coverage he saw so much a year ago. Co-captain Bobby Smith returns for his fifth and final year in the Hawks backfield. He is the leading returning rusher on the team after compiling 410 yards and three touchdowns last year. The anchor of the offense, the offensive line, returns all-NEC pick John Castoro to a unit that helped the Hawks average almost 150 rushing yards per game.

The defense is led by a strong front seven, along with quite possibly the best defensive backfield in the conference. The Hawks return almost all of their defensive

FOOTBALL NOTES

linemen, including senior co-captain Brian Sweeney. Second team all-NEC linebacker Mike Castellano returns to man the middle after a sparkling first year in the Blue and White. He had 71 tackles, including 13.5 for loss. The secondary returns all four starters in cornerbacks Rob Lomoriello and David Jiles, Matt Hill and Nick Castellano.

First team all-conference punter Sean Dennis returns to anchor the special teams. His 40.1 yard per punt average and 15 punts placed inside the 20-yard line helped to win the field position battle for the Hawks on many occasions.

The Hawks travel to Long Island to take on Stony Brook to open their NEC slate on Oct. 1.

PHOTO CONTRIBUTED by Jim Reme

Five points to keep an eye on

- 1. Rob Lutz, Walter Carter and Leonard Brice**– The backup running backs should see their fair share of carries this year. Lutz ran for 129 yards a year ago, and is very versatile. He averaged 26.9 yards on kick returns, and is dangerous coming out of the backfield. Carter is the more powerful, between-the-tackles runner. His downhill style helped him to 93 yards last year and will be beneficial in short yardage and on the goal line. Brice is a junior college transfer that should contribute right away.

•

2. Adam San Miguel, Mike McClelland and Brendan Kennedy – The receivers not named Miles Austin have to step up. Last year, San Miguel
- and McClelland combined for 36 catches. Austin had 47 catches himself. The infusion of the converted QB Kennedy to wide receiver should help bolster an already athletic unit, but for the Hawks passing game to reach its potential, these three need to play up to theirs.

•

3. The kicking game – The graduation of Steve Andriola means that the Hawks are unsettled in the kicking game for the first time in two years. Sophomores Mike Pizzuli and Fred Weingart are vying along with punter Sean Dennis to solidify the position. The kicker spot is very important to the Hawks, last year Andriola won two games with last-second field goals.

•
- 4. New LB's** – Anthony Addonizio and Mike Nunziato are the new starters at the outside linebackers spots. Addonizio has seen his fair share of action, but Nunziato is relatively untested. There are a ton of young players ready to prove they can play too, led by Johnny Williams.

•

5. Expectations – The Hawks are in the midst of the finest two year run in school history - 20 wins, two conference titles, one national championship. This year, they are everyone's big game. You can bet that the Monmouth game is circled on Central Connecticut State's and Albany's calendars, among others.

No NEC team has won three straight titles since Robert Morris' run in the late 1990's.

2005 Northeast Conference Football Preseason Coaches Poll

1. Monmouth (4)

2. Central Connecticut St. (1)

Robert Morris (2)

4. Albany (1)

5. Sacred Heart

6. Wagner

7. Stony Brook

8. St. Francis (PA)

first place votes in ()

LISTEN LIVE All Monmouth Football games can be heard live on **WMCX 88.9 FM** , **WMCX.com** and **SportsJuice.com**.

No Sunshine for Hawks in the Sunshine State

Womens Soccer

CRAIG D'AMICO
SPORTS WRITER

As summer entered its final week, the Monmouth University women's soccer team took a season-opening trip to the state of Florida. The Hawks, who finished 6-10-2 and 3-5-1 in Northeast Conference play in 2004, opened their 2005 campaign on Aug. 28 to take on Florida Atlantic University, and then two days later squared off against the Hurricanes of Miami.

In the second half of the opening game against the Owls, the Hawks felt the backlash of a real hurricane, Hurricane Katrina, during the second half in which it poured on the field at times. Play continued through the elements, and the Owls added onto a 1-0 halftime lead to defeat the Hawks by the final score of 3-0.

FAU was the unanimous pre-season number one in the Atlantic Sun Conference after an 11-4-3 record in 2004. They got started early in their opener as well, scoring 12 minutes into the match off of a turnover in front of the Hawks net and soaring it past Hawks freshman netminder Addie Kozlowski.

In the second half, the Owls used precision passing to set up a shot that floated just over Kozlowski's head for the second goal of the game. Moments later the Hawks had their best chance to score, but senior Kate Sands shot attempt was stopped by a diving Owls goalie. Sands led the team with two shots on goal on the afternoon.

The third FAU goal was at the 75 minute mark, scored from the left wing corner. FAU outshot the Hawks 19-7.

Two days later, the Hawks went from playing in a hurricane to playing the Hurricanes, in Miami's

season opener in Coral Gables. The game, unfortunately, had similar results for the Blue and White.

Monmouth came out on the attack, as Sands had two excellent scoring chances denied within the first four minutes. The Monmouth defense held Miami shot-less through the game's first 14 minutes, but the Canes struck in the 20th minute, scoring off the right post.

Head Coach Krissy Turner, in her eighth season will look to lead the Hawks back to the playoffs.

Just like the game against the Owls, the Hawks would trail the Canes only 1-0 at the half; however in the second half Miami started to break away, scoring in the 53, 63, and 68 minutes.

Sands was impressive for the Hawks, blasting seven shots, leading the team in that category for the second straight game. She comes back from Florida with 10 shots in the two games combined. Last year, Sands led the team with nine goals and 24 points, both good for fourth in the NEC. She was named to the first team All-conference.

While in goal, Kozlowski faced a barrage of shots from the two Florida schools, 38 in the two games

combined. The Hawks were chosen third in the 2005 pre-season poll, as voted by the conference coaches. Monmouth won the first two NEC tournaments and made the post-season nine consecutive years, before failing to qualify last season. They finished fifth in the final conference standings, with only the top four qualifying for postseason play.

Head Coach Krissy Turner, in her eighth season, will look to lead the Hawks back to the playoffs. Returning this year with Sands is a second team All-NEC member as a freshman last year, Amy Hoyer. Hoyer finished second on the team with five goals.

The team will be led by six seniors, and an incoming freshman recruiting class that was ranked tops in the NEC by soccerbuzz.com last May. Newcomers include, Kozlowski in goal; Tara Froehlich, a senior who transferred over from Rutgers; freshman midfielder BrieAnne Nomejko, a NSCAA High School All-American; Illiana Blackshear, who scored 50 goals in her High School career; and Jaclyn Pember, who will help on defense.

Despite the 0-2 start in Florida with both losses coming on shutouts, the Hawks still have high hopes and a good outlook for the 2005 season, with the main focus on returning to the NEC Tournament after being absent for the first time ever last year.

The Hawks return back to the Garden State to play at St. Peters on Sept. 2 in Jersey City, a team that they blew out 7-0 in last year's opener, before returning home to play their 2005 home opener against Seton Hall on Sunday the 4th. The Hawks were 4-3-2 at home last season, however only went 2-7 away from West Long Branch.



Senior Kate Sands (pictured above) is prepared for a big season after the Hawks missed the NEC tournament last year.



Domino's

Money Saving Coupons!

Serving MU

\$5 \$5 \$5 DEAL

Three Medium 1-Topping Pizzas
\$5.00 each

Minimum 3 pizzas. Deep Dish Extra.

Limited Time Offer

2 X TUESDAY

Buy any pizza at regular menu price & get a 2nd pizza of equal or lesser value **FREE!**

Valid Tuesdays Only.
Deep Dish Extra.

Coupon not valid with any other offer. Valid at participating stores only. Prices may vary. Customer pays sales tax where applicable. Our drivers carry less than \$20.

NOW HIRING DELIVERY DRIVERS

Full and Part Time
Immediate Openings
\$10-\$15 Per Hour

APPLY TODAY!!!

Call Us!

West Long Branch

732-571-2800

Accepts All Major Credit Cards



Hours:
Mon-Fri: 4pm-1am
Sat-Sun: 11:30am-1am



September Morning

A Salon For Hair & Nails

219 Locust Avenue
W. Long Branch, NJ 07764
732-222-0960

Monmouth University Students

Receive A 10% Discount with Student ID
On Tuesdays, Wednesdays, and Thursdays. Call for Appt.

Hair Services

Haircuts & Styles

Women	33.00 & up
Blow Dry Style	20.00 & up
Up Styles	40.00 & up
Men	25.00 & up
Kids 12 & under	18.00 & up

Color Services

Single Process	40.00 & up
Double Process	50.00 & up
Partial Foil Highlight	30.00 & up
1/2 Head Foil Highlight	65.00 & up
Full Foil Highlight	85.00 & up

There Will Be A \$10.00 Charge For Each Additional Color Used

Retexturing Services

Partial Wave	55.00 & up
Full Wave	75.00 & up
Straightening System	100.00 & up

Manicure & Waxing

Services

Manicure	13.00
Polish Change	8.00
French Manicure	16.00
Tips Only	40.00
Tips with Wraps	60.00
Refill	27.00
Spa Pedicure	35.00
Ped. Polish Change	10.00
Nail Art	5.00 & up

Gels

Pink - Full Set	55.00
Pink on Natural Nail	40.00
Refill	30.00
Pink & White Full Set	70.00
Pink & White on Natural Nail	55.00
Refill	35.00

Waxing

Eyebrow	10.00
Lip	8.00
Chin	8.00
Bikini	25.00

SPORTS

THE OUTLOOK
MONMOUTH UNIVERSITY

the fall season begins...



Come out and show your support for the Monmouth Hawks. Field Hockey, Cross Country, Soccer, and Football schedules for the fall season are all available at www.monmouth.edu/athletics.



**MONMOUTH
ATHLETICS**

